



Into the Waves ~

weekly online Resonant Body Inquiry & Dive

Thursday mornings, 9AM – 11:30AM EST, starting April 14, 2022

Personal practice reinvigorated, rededicated,
reconfigured

Ours is a world in flux and flame, in continuous metamorphosis and on fire with evolutionary purposiveness. We are being challenged to perceive ourselves afresh, to open our minds and live into curiosity. Amidst roiling sea change, where learning to adapt to constant movement of surface to depths, opens capacities we need and perhaps didn't even know we had. Continuum cultivates the art of engagement, our abiding willingness and skill to be in the experience; an encompassing embodiment; a wide view into realms unknown. Deepening our commitment to this embodied experience is a necessity in waters this dynamic and in such powerful phase transitions. As we Dive, we source the wellspring of our native biological and quantum intelligence, bringing all our strengths and wisdom forward to access and share. Bearing our inner gifts out into the world is balm and sustenance for an individual and a world in transformation. Each one of us, a unique pearl in this ocean, emerging from a hard encasement of shell and comfort to reveal and shine our radiant heart as gift and service. Surfing winds and waves of an ocean in mutability, we find new agility and ease. Diving under waves, we sink into quiet depths of still point and rest, re-membering we are all of existence, divinity embodied.

This weekly 2.5 hour class is drumbeat and rhythm in the pulsations of time, a place to return to and gather with self and others in collective intent and practice. Each class inquiry will lean into forwarding and supporting us in our ongoing, shapeshifting context and contain a long dive experience. New sounds will be woven into new inquires ~~~

To register, please contact me at sabine@resonantbody.com. I offer pass cards or drop in:

5 class pass: \$115

10 class pass: \$200

Drop in: \$25