



## Our Resonant Body ~ An Introduction to Continuum

with Sabine Mead, RSME & Continuum Teacher  
at Shanti Meditation Hall, Pilot, Virginia

A shift in the interior landscape of one's body will reconfigure the landscape of one's life. Each of us has a deeply personal reference point that defines how we perceive reality, as well as how we think, move, and relate. When we cultivate a receptive, adaptable, fluid body, we meet ourselves with love and compassion. And when this becomes our lived experience, we transform the landscape of the world. At this time, many of us are feeling the pull into a new reference point, one that allows us a broader, more encompassing view and invites new horizons of being.

Resonance is the living language of the Universe. All bodies that experience being relate through a field of resonance, creating a highly dynamic expression and way of relating. When we open our resonant capacity, we deepen into the field, expanding into new dimensions of interiority and mutualism.

Continuum is a self-directed, cumulative practice done either alone or in groups. Slow, subtle movement serves as a conscious guide into layers of becoming and belonging, an opening into eros and oneness. Sound, the felt sense of vibration, merges with movement in an alchemy of sublime embodiment, allowing for an ever-deepening sense of ensoulment. Integration, wholeness, empathy and spaciousness arrive as a new sense of self emerges and flows through. Continuum opens a portal that shifts perception and thus our experience of reality, allowing us to slowly awaken to fuller dimensions of love and presence.

Saturday, September 10 & Sunday, September 11 12:30PM – 5:30PM

Shanti Meditation Hall, Deer Park Farm, 625 Laurel Creek Road, Pilot, Virginia 24138

Offered on sliding scale, \$90 - \$140. Suggested donations for Shanti, \$20+

To Register, contact Sabine at [sabine@resonantbody.com](mailto:sabine@resonantbody.com) or 919-606-9642