

SOMATIC SANCTUARY

RETURNING TO THE HEART OF STILLNESS

A CONTINUUM MOVEMENT 5 Days RETREAT
facilitated by Sarah Grace RCST, SEP



**November 7 - November 11
In person, in Ojai**

SACRED INVESTMENT: \$1122

EARLY BIRD: \$1050 by 10/5

In this rare opportunity, we gather together in community to rest, restore, heal, let go, renew and rebirth our Soul's song through the wintry stillness of depths and dreams. In this Continuum Depths Retreat, we co-create an extended Field of Love together & enter the Timeless River to receive the gifts that rest & space offer for LOVE's awakening body. On the final day, we enter a 24 hour period of silence to complete our deepening experience and open to our receptive core.

Visit www.somaticsanctuary.com or call (805) 633-9230 for more info and to register.