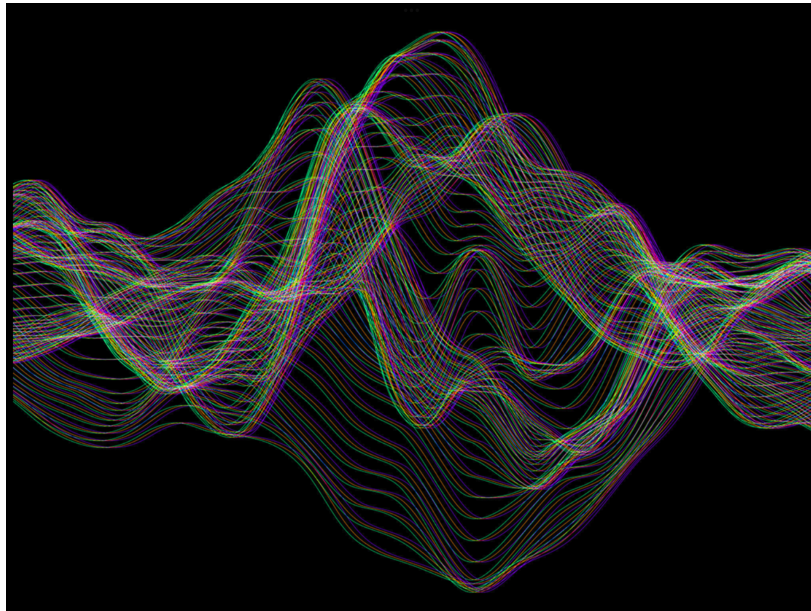


OPENING THE VESSEL OF VOICE ~ BREAKING THE SOUND BARRIERS
OF EXPRESSION

An online class series with Gael Rosewood & Sabine Mead



*Saturdays, January 28, February 25, March 25 & April 15, 2023
9:30AM - 11:30AM PST ~ 12:30PM - 2:30PM EST*

Our voice reflects the overall gestalt and structure of our being. Our ability to sing, to sound, to speak our truth, to express any and all emotion is through the channel of our voice. At a structural intersection point between mind and heart wisdom, our voice rides the wind of our breath into spoken word, poetry, conversation, unspeakable emotion, all manner of personal expression. As part of our conditioning and programming, our personal expression has often been eclipsed, hijacked, shut down and diminished. This has powerful repercussions throughout our whole body and our collective.

In this online series we will be exploring what potentials our voice has to court variations of sound waves, frequencies, timbers and tempos. We will inquire into what effects sound has on our tissues, our movements and sensations that guide our innate wisdom for coherence and adaptability. We will discover what cultural prescriptions have dulled our modulations and constrained our voice to be limited within a mold of language.

This class provides a favorable opportunity to collectively share this inquiry while also giving each one of us the privacy to experiment with our own emerging expressions and impressions. As you come into concert with your own spontaneous vocalizing, movement and breath are also inspired to unfold in new ways. The bio-friendly states that Continuum engenders bring us to greater wholeness, communion with others, and a more intimate presence with ourselves.

We meet online once a month for a two hour class followed by an open ended collective dive offline as we hold an intentional resonance with each other. A check in will occur on Sunday following each class, 9:30AM -10:30 or 11AM PST - ~12:30PM -1:30 or 2PM EST.

In our last class of April 15th, we will be reviewing all of the material of the previous classes and going into a more extended communal dive with a structure similar to an "all nighter". This will give us the possibility, according to our life demands, to carve out a 24 hour period for multiple dives at our own pace.

There will also be an optional offline mid-month coordinated practice in order to return to the lay-out of the previous class. Participants from our class last year liked this format and remarked that this structure felt very supportive. We hope that you will join us for this adventure.

~ Some Continuum Experience Required ~

To Register, contact Sabine Mead at sabine@resonantbody.com

Tuition: \$350

Class Dates: Saturdays: January 28, February 25, March 25 & April 15th (this final class will be a review of all materials, followed by a longer dive invitation with closure on Sunday, April 16) 9:30AM - 11:30AM PST - ~12:30PM-2:30PM EST

Check ins: Sundays: January 29, February 26, March 26 & April 16, 9:30- 10:30 or 11AM PST - ~12:30- 1:30 or 2PM EST

Optional mid-month dive times:

February 8, March 8, April 5 9:30AM PST ~ 12:30PM EST

All classes recorded and downloaded to Dropbox

Payments can be made to Sabine via Venmo; @Sabine-Mead X9642.

Other payment options available