

Primordial Depths Retreat ~

An Inquiry into Origins

with Sabine Mead

Ocracoke Island, NC, August 12 - 19, 2023



The story of evolution is our story, our inheritance, our destiny. Out of the mysterious and intelligent fabric of existence, sentient life takes form in the sea. A single cell metamorphosizes over eons into a myriad of possibilities—fish, whale, dinosaur, eagle, human. Our origins are elemental; our beginnings are our present and future. Held on the island of Ocracoke, one of the most remote islands

in North Carolina's Outer Banks and a National Park, we are surrounded and supported by the elements of earth, sea and sky. In this extraordinary natural setting, through the ancient body wisdom-gifts of movement, sound, breath and beholding, we will reenact our primordial unfolding from the sea to land. For five mornings, we rise before dawn and gather on the beach to participate in an experiential inquiry and creative exploration of discovery. Set during the week of the new moon, the inky black of our celestial vault is strewn with Milky Way wonders and stars rising over the dark sea. Through ritual, we engage with the greater mystery, with the vastness and powers of our elemental nature. As the sun rises over the ocean, we engage in a timeless practice of welcoming the light. Our Continuum dive allows us to plumb the depths of self that live beyond words and ignite the soul fire of being alive. Silence held within our group of souls fosters interior cosmos communing. Against the ocean's expansive backdrop, we open to our essential nature and true origins.

Continuum experience is prerequisite to participation. For more information and to register, please contact Sabine at:

sabine@resonantbody.com

Tuition: \$564

Accommodations and meals are not included.