

Greater Boston Area Continuum presents

## Healing Through Bodily Joy

### A Full Summer's Day Retreat

9:00 am - 4:30 pm • Sunday, August 25, 2019 • \$125

@ The Arlington Center • 369 Massachusetts Avenue

Guided by Megan Bathory-Peeler

teacher of continuum & somanaut, an explorer of the body

**Reserve your space today!**

Email: [megan@somanautiko.com](mailto:megan@somanautiko.com) Call: 413-772-0078



**Continuum is the art of slowing down and cultivating our ability to pay attention to our internal experience through breath, sound, silence, meditative awareness, sensation, witnessing, and fluid movement...**

"Feeling more alive carries distinct qualities that differentiate this healing from other forms. Bodily joy is the primary characteristic: it is an enlivening, an inner knowing of what it means to be a spiritual-soul-bodily being. It is an experience of levity that also makes us realize that we have been living too much within the force of gravity... When our experience of embodiment shifts to a new sense of the living body, our relationship to symptoms changes drastically. Symptoms become for us unrecognized possibilities rather than indications of something gone wrong." ~ Robert Sardello

**In Continuum we learn to attend to and enrich our organisms such that patterns we have learned, that may actually work against our own system, get an opportunity to dissolve! Gift yourself the time to rest and unwind...**

**Healing Through Bodily Joy: A Full Summer's Day Retreat**