SOMATIC SANCTUARY

The Alchemy of Embodiment

A CONTINUUM MOVEMENT WORKSHOP WITH SARAH GRACE

December 11th, 6 - 9pm

Using breath and sound, we explore our fluid bodies through subtle movement, wave motion, and the language of sensation. Within Sacred Space, together, we have the opportunity of allowing time to slow down, to shed that which needs to shed, and to come through anew, refreshed, and reborn. When we access the Innate Intelligence of the deeper Forces that sustain us, we tap into the pulsating streams of life as they ripple through our system and we enter The Mystery of what it means to embody.

- **Connect** to the Sacred Within
- **Awaken** Embodied Presence
- **Slow down** and release stress
- **Renew** into your Wholeness

PRICING: $44

LOCATION: Bathurst & Bloor, Toronto
Address sent upon registration

To register, visit SomaticSanctuary.com or
P: +1 805.633.9230
E: office@somaticsanctuary.com

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410 Ojai Ave., Ojai, Ca

Sarah is a Registered Biodynamic Craniosacral Therapist, Authorized Continuum Movement Teacher, Somatic Experiencing Practitioner and Birth Doula. She has been deeply involved in Pre- & Perinatal somatic therapies and has a passion for facilitating a connection to the Inherent Health that is our birthright.

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