



*~ WE ARE THE STARS ~*

**Somatic Explorations of Our Cosmic Origins**  
*with Sabine Mead*

For thousands of years we have studied the heavens, tracking the movements of stars and planets as a way to reach into the macrocosm and make meaning of our human experience. The constantly changing geometry of the night sky offers us a personal reflection, a way of placing ourselves in time/space and the ongoing evolution of cycles within cycles.

Astrology is an ancient and evolving art of mapping and interpreting the symbolic meaning and felt experience of the movements of heavenly bodies as they interact with us individually and collectively. We are a living cosmic dance, expressing in and through the many dimensions of reality - learning, growing and evolving as one universal symphony. The twelve zodiac archetypes reflect the complexity and multivalent nature of this choreography.

In this course, we will discover the universe within, mapping our own cosmic body. Each class will focus on a specific zodiac archetype, their unique expression, where they live in our body, how they inform who we are, how they move us and sing to our soul.

Continuum is a self-directed somatic practice grounded in breath, felt sensation, attention, movement and sound/vibration. Through the wide aperture of this innovative approach to embodiment, fuller incarnation is made possible. The landscape of the body becomes the skyscape of the stars. Outer reflects inner

and inner reflects outer. It is here where eternity meets time, where form meets emptiness, where earth and heaven are One.

This online course meets once a month for a full year. Classes will meet on the first Saturdays of the month from 11am – 2pm EST (dates listed below). Each class will contain content, experiential practice ( a dive, meditation ) and Q/A . An optional once a month additional Dive Circle will be on the third Wednesdays of the month from 12 - 2 pm EST (dates listed below). All classes offered on Zoom, recorded and downloaded to Dropbox. Tuition ( includes Saturday & Wednesday classes ) for full year course: \$485; can be paid in full or 2 or 3 installments. Register directly with Sabine at: [resonantbody@me.com](mailto:resonantbody@me.com)

~Saturdays ~		
September 4, 2021	January 8, 2022	May 7, 2022
October 2, 2021	February 5, 2022	June 4, 2022
November 6, 2021	March 5, 2022	July 2, 2022
December 4, 2021	April 2, 2022	August 6, 2022

~Wednesdays~		
September 15, 2021.	January 19, 2022.	May 18, 2022
October 20, 2021	February 16, 2022.	June 15, 2022
November 17, 2021.	March 16, 2022.	July 20, 2022
December 15, 2021	April 20, 2022.	August 17, 2022

Sabine Mead is a Registered Somatic Movement Educator, Continuum Teacher and poetess. She has studied Astrology for decades and currently mentors with Ellias Lonsdale of Star Genesis Wisdom.

