



~ 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 orienting ourselves in a dynamic context of ongoing involutionary and evolutionary cycles within cycles.

Astrology is an ancient and evolving art of mapping and interpreting the relationship with 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 explore and discover the universe within, mapping our own cosmic body. Each class, on the first Saturday of the month, will explore the astrological themes and highlights of the current month, attuning each of us to the energies influencing our personal lives and global collective. These themes will then be woven into a Dive, a non verbal, somatic experience of these cosmological energies. Diving below cognition and critical thinking, we tap the intuitive body wisdom inherent in the language of movement and sound.

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 .. All classes offered on Zoom, recorded and downloaded to Dropbox. Tuition for full year course: \$369; can be paid in full or 2 or 3 installments. Register directly with Sabine at: sabine@resonantbody.com

~Saturdays ~		
September 3, 2022	January 7, 2023	May 6, 2023
October 1, 2022	February 4, 2023	June 3, 2023
November 5, 2022	March 4, 2023	July 1, 2023
December 3, 2022	April 1, 2023	August 5, 2023

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

To Register, contact Sabine at sabine@resonantbody.com
Tuition for the full year is \$369~~ To pay, Venmo -Sabine Mead@Sabine-Mead

