

Inner Sacrum: Exploring The Root of Freedom with Continuum Movement



A trembling in the bones
may carry a more convincing
testimony than the dry
documented deductions of the
brain

Llewellyn Powers

The sacrum, described in Hindu as the “Seat of the Soul”, is a keystone structure in our human bodies. From its anatomical function to its place as sacred triangular and heart shaped seat of creativity, divinity and intelligence, the sacrum is initiator and recipient of wave motion; root and support; tail, portal, inner sanctum, and a source of fluid movement and pleasure. This evening dive series combines breath, sound and movement to inspire moving through and from the sacrum as a continuum of core strength and serpentine flow.

WHEN: TUESDAYS August 16 & September 20, 2016
6-9 PM

WHERE: MOVE, 901 West San Mateo, Santa Fe, NM
COST: \$35.00

Classes are taught by Amber Gray who is a longtime practitioner of body centered arts and sciences and an advocate of human rights. She is an authorized Continuum teacher, a yoga teacher, a somatic psychotherapist and an award winning dance movement therapist. She has worked internationally and nationally as an activist, an artist, a mental health professional, a program director and a trainer/consultant on behalf of victims of human rights abuses for over twenty-five years

Info & Registration: Contact Amber at 505-603-7021 or amber@central.com