

Pleasure and Power, Receptive and Wild: A Sacred Feminine Journey

with Rebecca Lawson

March 30, 31, & April 1st

It is possible to live our life in creative resonance with the oceans within and the ever changing world outside. When we slow down, breathe, sound and step out of our own way, the miraculous happens---the fluids within move with unencumbered grace and ease. As we become curious and self aware, our bio-intelligence is given the space to naturally return the system to health and spontaneity. The acquired space, calm, and vision brings us to a place of acceptance and confidence as we allow "life to live us rather than us living life."

What is your Nature? Join us as we cross into the mysteries and the wilderness of imagination to evoke our deepest, truest expressions of the vast context of our souls.



What we will explore through Continuum:

- We will dive into the context of our active and receptive capacities, through moving, meditating, sensing and dancing in a process that is organismic, wise, and revelatory.
- Through inner micro-movements, wave motion, primordial breaths and sounds, we shall enter movement dives that create calm (quiescence) and open our attention to a spacious aliveness that frees us to embrace our true nature.
- Within the intelligent dynamics of the elements: water, air, fire, earth, and space, we will deepen our inherent connection to the wild, breathing, planetary body.
- Ripe with imagination, we explore the call to enter the uniqueness of our voice and soul, bursting to be free and offered to the world.

Registration & information: Jeannie Kelley 843.422.2900
jeannie@rolfmethod.com * www.islandsomatherapy.com

Workshop Location: 18 Executive Park Rd. #3 * Hilton Head Island, SC **Cost:** \$250

Rebecca Lawson (www.evolvertherapies.com) is a Movement Therapist, Continuum Teacher and Somatic practitioner who offers classes, workshops and individual sessions. Rebecca's work coalesces psychological mindedness, a love of dance, and a heartfelt sense of humanity. Her therapy is revelatory, expressive, and self creating.