

Restorative Continuum

Candle Light, Deep Inner Landscape Music,

Supportive Props and Essential Oils

Monday Nights 6:15 – 8:30PM

Evolving Therapies Studio

January 5, 12, February 2, 9, 16, 23

Come rest back into yourself. Continuum brings us to sensation without perception, to experience without thought. Like a quiet hush, the continuum dive breaks the fixed patterns, which block and restrict sensation. We sit with the fluid resonance that is awareness without reflection. In this state of consciousness we know presence.

Simple sequences of breath, sound, and imagination will support you in finding rest while releasing the tensions of the day.

To register: Rebecca.amislawson@gmail.com. 919 932-7548