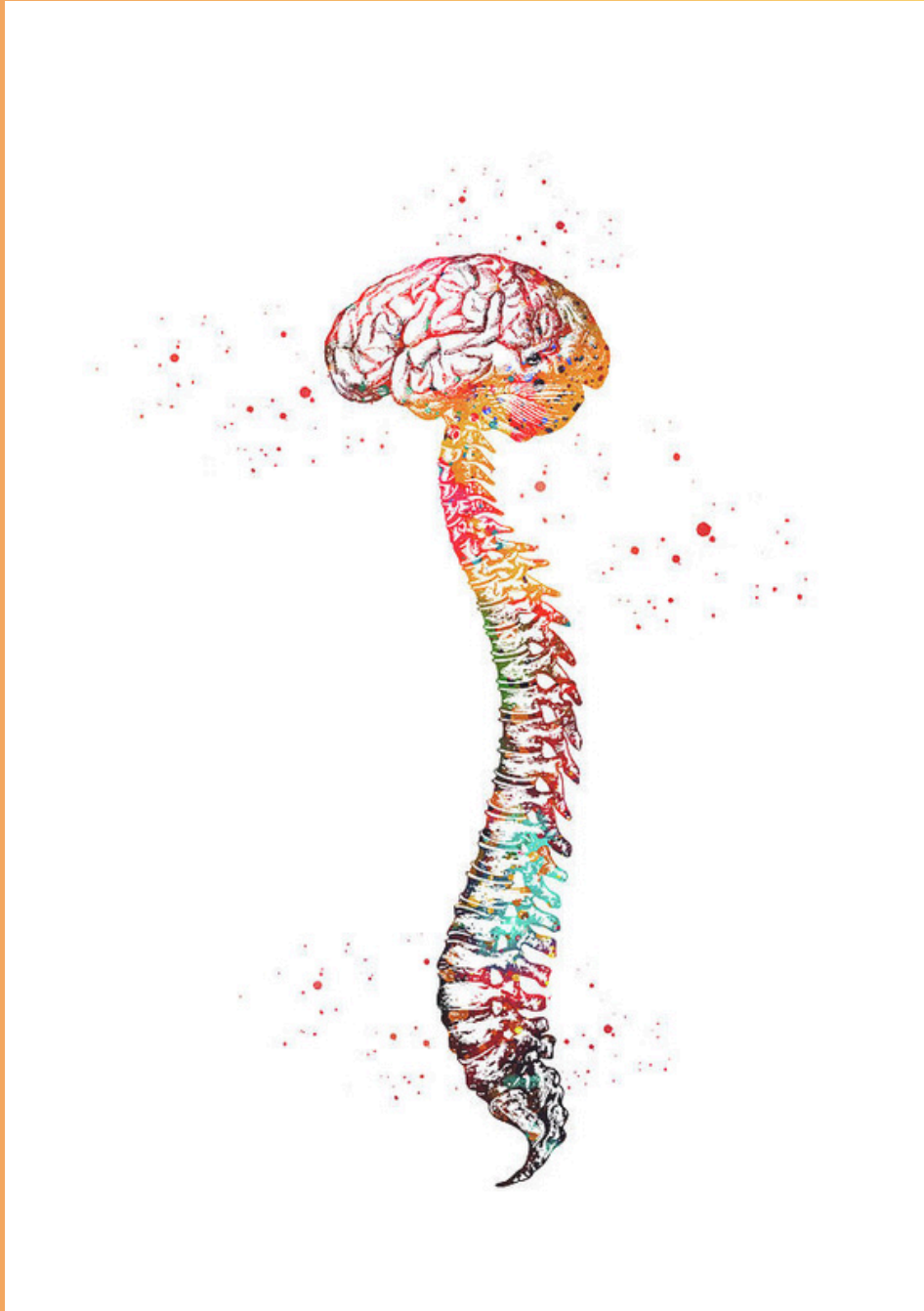


The Song of the Spine

An Exploration of the Sacred 33 Tones



with Sabine Mead, MSME & Continuum Teacher
An Online Intensive

Our human spine consists of 33 vertebrae suspended in the holy water of our cerebral spinal fluid. It is the alchemy of sound, movement and spinal architecture that gives rise to the multidimensional aspect of our human midline, an antenna transmitting and receiving a potent flow of information. Through fluid movement and sound, the song of the spine awakens.

In the deep indigenous culture of Mu from the Hawaiian Islands is an ancient comprehension of the human spinal column as a living library of remembrance. Each one of the vertebrae corresponds to a sacred sound or tone. These tones invoke a profound state of coherence and buoyancy, effectively energizing the spinal antenna, opening our memories, and centering us in the most important place we can inhabit – our own midline. From this reorientation, we meet a world afire with tremendous challenge and demanding change, freshly aligned within the song of the spine.

It is with profound gratitude to the indigenous Mu and their descendant and lineage keeper, Ke'oni Hanalei, that I offer this exploration through the art of Continuum at a time when our organic humanity is threatened. In my heart, I know the power of song to liberate, restore, and re-sanctify the immensity of Love.

In this Resonant Body Intensive, we will slowly move up the spine, week by week, tone by tone. The structure of this intensive is shaped by the content we are exploring, a cumulative journey of moving and singing the spine. Our first class will lay out the context and content, followed by a dive. Each class thereafter builds on the one before, adding more tones into each weekly dive. Our later classes are longer to allow for a longer dive time.

All classes are online, recorded and uploaded to Dropbox for participants.

For more information on Continuum: <https://www.resonantbody.com/offerings/about-continuum>

About Sabine: <https://www.resonantbody.com/offerings/about-sabine>

10 consecutive Saturdays, November 22, 2025 – January 24, 2026

Saturday, November 22, 12PM - 2:15PM EST

Saturday, November 29 - December 13, 12PM - 1:30PM EST

Saturday, December 20, 2025 - January 10, 2026, 12PM - 2PM EST

Saturday, January 17 - January 24, 12PM - 2:30PM EST

Tuition: Early bird, October 11, 2025, \$395

After October 11, \$445

Payments can be made via Venmo; @Sabine-Mead

Or Zelle (contact Sabine for address)

To register, please contact Sabine at sabine@resonantbody.com