

# We are the Movement of Ocean & Flame



A Resonant Body Continuum Immersion  
with Sabine Mead,  
MSME & Continuum Teacher

February 20 - February 22  
Mountain View, Hawaii

This body is an incarnational masterpiece, a weaving of water and light, an undulating cellular sea containing the ultraviolet light of stars. Certainly, the forces of Creation have gone to immense efforts to cultivate a vehicle with such exquisite sensation, depths of emotion and self-awareness. We are a breathing cathedral where consciousness dwells, and experience arises as our perpetual teacher. Here, in this elemental context of Earth, we engage in continuous metamorphosis within ourselves, with others, and Nature's phenomenal realms.

As organic beings, our lineage is ancient. Movement and sound/vibration are our primordial languages, fundamental to our gnosis, perceptual pathways of direct experience. It is through this language that our bodies speak and our resonance expands; we live as eternity in time. This body is water conducting the voltage of light, the flame of our essence. To move as water is to orient our awareness in deeptime, to explore the sensuous unfolding of a body free of rigidity, compression, density. It is to feel the release into spaciousness, to allow ourselves to be breathed.

Continuum is an art of embodiment. It is a self-directed practice of consciousness rooted in inquiry. Fluid movement, sound/vibration, breath, attention and felt-sensation guide us inwards to explore and discover the movement we are. With each breath, each sound, we soften, we open, we arrive.

In this immersion, we will move as water, we will feel the flickers of flame coursing through the rivers and seas of our being. We will learn the elements of Continuum and dive into direct experience. We will come home to the ocean within, the currents of energy where presence abides.

Dates & Times: Friday, February 20, 2 - 4:30PM;

Saturday, February 21, 9- 11:30AM & 2 -4:30PM;

Sunday, February 22, 3-5:30PM

Location: 11-3447 Lehua Street, Mountain View, Hawaii, 96773

Tuition: \$250

To Register, please contact Sabine at [sabine@resonantbody.com](mailto:sabine@resonantbody.com)

Venmo: @Sabine-Mead

For more information about Sabine & Resonant Body Continuum:

<https://youtu.be/d40MDtOgwcc>

<https://www.resonantbody.com/>

