

# THE BODY CATHEDRAL

ARCHITECTURE OF LIGHT, WATER & SOUND



WITH SABINE MEAD, MSME & CONTINUUM TEACHER

ENTER THE HOLY REALM OF YOUR BODY.  
HERE IS THE HOUSE OF SPIRIT, THE DOMAIN OF YOUR SOUL. IN THIS CATHEDRAL, RESONANCE  
RINGS THE BELLS OF YOUR BELONGING.

YOU ARE A WEAVING OF LIGHT, OF WATER, OF SONG.

UNLOCK THE TEMPLE GATES AND PLACE YOUR PALMS ON THE DRUM OF YOUR HEART. REST  
ALONG THE RIVERBANKS OF YOUR BACK AND SINK INTO THE CRYSTALLINE WATERS OF YOUR FLUID MIDLINE.  
NOTICE HOW THE TIDE OF YOUR BREATH UNFURLS, OPENING ROOM UPON ROOM, CHAMBER  
WITHIN CHAMBER. FEEL THE WAVES THAT RIPPLE THROUGH YOUR INNER SEA AND SPREAD INTO  
THE GREAT LAKES OF YOUR LEGS.....OPEN THE TRIBUTARIES OF YOUR ARMS.

BEHOLD THE LUMINOUS LIGHT BEAMING FROM THE GREAT SUN OF YOUR HEART.

THIS CLASS SERIES IS A JOURNEY, AN EXPLORATION, THROUGH OUR SACRED HUMAN ARCHITECTURE. THE INVITATION  
IS TO RE-IMAGINE THE CODIFIED AND PRECONCEIVED NOTIONS OF BODY AND ENTER AFRESH WITH CURIOSITY  
AND AWE. IN THIS SEASON OF THE BODY CATHEDRAL, WE WILL DIVE INTO THE VAST REALM OF FASCIA, THE  
GATEWAYS OF GLANDS, THE SONGS OF THE CELLS AND THE BORDERLANDS OF PLASMA. WE WILL DWELL IN THE  
SHRINE OF THE SACRED POOLS IN THE MIDLINE AND THE HOLY TREE NAVE OF OUR CENTRAL NERVOUS SYSTEM. WE  
WILL LAND, OVER AND OVER, IN THE ETERNITY OF PRESENCE – EVERY MOVEMENT, A PRAYER, EVERY SOUND,  
SUSTENANCE. HERE, WE SURRENDER THE INCESSANT THOUGHTS OF MIND INTO THE SONG OF BEING. IN THE  
CATHEDRAL OF OUR BODY, WE ESTABLISH FIRM FOOTING IN THE TRUTH OF OUR AUTHENTIC KNOWING.

CONTINUUM IS OUR ART AND TOOL FOR EXPERIENTIAL GNOSIS. FLUID MOVEMENT, SOUND/VIBRATION,  
FELT SENSATION, ATTENTION AND BREATH ARE GUIDES AND TEACHERS FOR OUR JOURNEY. THIS ONLINE SERIES IS A  
LONGER FORMAT FOR DIVING DEEPER, LINGERING LONGER. WE WILL SPEND TWO CLASSES ON EACH ASPECT OF  
ARCHITECTURE. EVERY CLASS WILL CONSIST OF CONTENT, A LAYING OUT AND TEACHING OF AN EXPERIENTIAL  
CONTINUUM DIVE, TIME TO PRACTICE THE DIVE AND A CHECK IN. ALL CLASSES ARE ON ZOOM, RECORDED AND  
UPLOADED TO DROPBOX.

12 ONLINE CLASSES OFFERED AS ONE SERIES OR IN TWO, 6 CLASS SESSIONS

DATES: SATURDAYS:

SESSION ONE:

MARCH 28 & APRIL 11 – FASCIA

APRIL 25 & MAY 9 – GLANDS

MAY 23 & JUNE 13 – CELLS

SESSION TWO:

JUNE 27 & JULY 11 – PLASMA

JULY 25 & AUGUST 8 – SACRED POOLS

AUGUST 22 & SEPTEMBER 5 – TREE OF LIFE

TIME: 12PM – 3PM EST

TUITION: BOTH SESSIONS: EARLY BIRD \$475; AFTER FEBRUARY 1 \$525/SINGLE SESSION: \$275

TO REGISTER, CONTACT SABINE AT [SABINE@RESONANTBODY.COM](mailto:SABINE@RESONANTBODY.COM)

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