

WAVE M' OCEAN

learning to surf and ride many kinds of waves

In this retreat workshop we will talk about our oceanic origins and experience resonant sound, breath, water, potent space and shifting relationship with gravity. We will engage with and be informed by the fullness of our ability to create and shift form. Expanded consciousness unfolds cellular memory of ancient primordial imprints that hold the keys to unlock and assist our current evolutionary process.

what will emerge from within the recesses your ancient memory?

We have evolved as part of the inextricable fabric of cosmic and Gaia rhythm. When we give permission to our intrinsic capacity to be in open attention and evolve, we connect with a dance of intelligent life unfolding into the next evolutionary phase.

We will create together a context to expand our movement vocabulary and increase the potential for nourishment on the physical, emotional and spiritual levels.



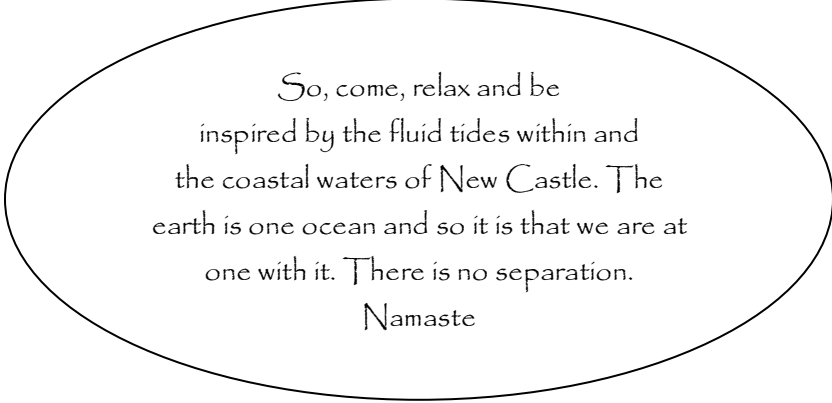
whether in the
galaxy, planet
earth or in our
bodies, water
functions as one
organ of
resonant bio-
cosmic
intelligence

An Afternoon and Evening of Experiential Inquiry and Connection

Engaging in Receptive Inquiry:

Through discussion and experiential engaging we can explore how and why do we become self-limiting? Why are the implications of life and water being intertwined? Why are we composed of 80% water, what does it mean? How can we engage our own resonant fluid body system within with the fluid body *beyond* our "skin mem-brain" to experience our larger "body context" to feel more supported and enlivened?

By engaging in sound, breath and resonant consciousness we encourage a visceral awareness of a larger relational context. The vibration of sound and the movement of breath influences the movement of our cells and fluids. This unifying stream of connection is the place where we naturally open to the fabric of oneness and heal at deep levels. This state of allowing functions as an energetic "umbilical cord" bringing nourishment to our cells and nervous systems where we can recognize and absorb in order to downshift into the slower, more alive existence. Let's enjoy the warmth of the summer and feelings of connection- we will be taking time to swim and play on the beach, too!



So, come, relax and be
inspired by the fluid tides within and
the coastal waters of New Castle. The
earth is one ocean and so it is that we are at
one with it. There is no separation.
Namaste

JOIN US FRIDAY, JULY 28, FROM 1-7:30 IN NEW CASTLE
Investment \$95

Bobbi Courtney, MSW, certified essence practitioner and somatic integrative psychotherapist, is the founder of *Wave M'ocan* and co-author of *Nalu - The Art and Science of Aquatic Fitness, Bodywork and Therapy*. Bobbi brings a rich background of knowledge and experience in shamanic integrative deep imagery, and is certified in Integrative Aquatic Body Psychotherapy through the Center for Somatic Psychology. Bobbi has provided group work and private sessions to evolutionary explorers for two decades.

Registration \$95

Please use this link to register [PayPal.Me/BobbiCourtney/95](https://www.paypal.com/paytoemail/BobbiCourtney/95)

Questions? call Bobbi at 978-609-0497 or email at: aurainfusions@gmail.com