

Roots of the Heart: Practices of Embodiment & Belonging with Rebekah and Rainey

Date: Saturday, November 5, 2016

Time: 10am - 6pm with lunch break

Location: Namaste Yoga Studio
18021 15th Ave NE
Shoreline, WA 98155

Fee: \$175
full refunds before Oct 29, no refunds thereafter

Registration: earthnsky.com/classes

Questions:
rebekah@earthnsky.com or 206-789-0456



Enlivening the roots of the heart allows our natural stability to support and nourish us. In this workshop we will bring attention to our inner fluidity and rhythms to discover the nuance and strength of our relationship with earth and gravity. We will unfold new pathways to receive ourself and also find our genuine expression. Through movement, primordial sounding, and perceptual practices we will reinvigorate our unique participation with the dynamic world around us. Join us in this gentle inquiry to open the thresholds of expression and belonging. Group limited to 10 participants. Please bring blanket, notebook and pen, bag lunch and a spirit of inquiry.



Rebekah, LAc, LMP has been working for over 15 years as an educator and practitioner of mind-body wellness. Using a gentle and collaborative approach, Rebekah works to facilitate a sustained connection to self awareness and the development of one's natural capacity to regain balance in all aspects of life. Rebekah maintains a private practice at her Fremont clinic, Earth and Sky Healing Arts. earthnsky.com



Rainey, E-RYT-500, has been offering group and individual instruction in the art of embodiment and meditations for over 15 years. She offers Living Presence Yoga: an invitation to move and live with deep attention, pausing often to listen to what is currently arising, orienting your body in the context of gravity and using organic alignment principles for a profound, safe and lively practice. yourlivingpresence.com

For more information and to register
contact Rebekah at rebekah@earthnsky.com or 206-789-0456