

Dancing the wild home

A Restorative Movement and Whale Encounter Retreat in TONGA AUG 30 - SEPT 8 2017

Whales are magnificent wisdom carriers of the ocean, with much to share about compassion and generosity. Our own bodies are 70-80% water; the remnants of oceanic living, still inside us and available to teach us about flow, creativity and resilience. This restorative movement retreat combines daily whale encounters, optional snorkeling and free diving lessons, with daily movement and dance practices, explorations and Continuum "dives."

Amber Elizabeth Gray is an award winning dance movement therapist, an authorized continuum movement teacher, a hatha yoga teacher and long time student and teacher of Haitian sacred dance.

Her expertise is in working with survivors of traumatic life experiences, and this retreat is an opportunity to heal and restore for those of us who feel strained from the busyness and demands of the world, affected by stress and trauma, or just wanting to connect to the wild and the magical.

These movements and dance practices will be integrated in the broader context of Continuum Movement. Each day will be a journey into the sacred and the restorative through continuum movement, restorative movement, yoga, sacred dance and whale encounters.

We will also have an opportunity to visit stunning coral reefs and beaches. We partner with dear friend, freediver and whale guide Erez Beatus of Apnea Australia. Erez and Ally have been pioneers in creating whale encounter experiences that are respectful for the whales and safe for all.

This is a magical retreat that uniquely combines Continuum, yoga, and other healing movement with whale encounters in the soothing environment of the south pacific.

WHEN: August 30 to September 8, 2017

WHERE: Serenity Beach Resort, Ha'apai, Tonga

COST: US \$2700 shared room; US\$ 3500 singles; all inclusive accommodation, meals, boat transfer, whale swims and movement classes and explorations. Singles are only available until May 1, 2017.

FOR PLANNING, INQUIRIES, QUESTIONS AND REGISTRATION:

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