

# ***Psoas Above, Psoas Below: Embodying Ground and Sky***



The psoas is a deep core muscle, connecting legs to spine, and often referred to as the *muscle of the soul* by ancients and mystics. It stabilizes, and affects mobility, flexibility, balance and more.

When: SUNDAY  
MAY 14, 2017  
11AM-5PM

The psoas spirals, fans and webs as it connects our core to our ground. This class explores the psoas as a muscle-moving -continuum from core strength to spiraling dancer that may increase our capacity for moving diversity. Moving from the emergent evolutionary “edges” of the psoas, we play with it as a promoter of flexibility, freedom and fluidity. That the psoas is important to physical and emotional health is well known; this class will also explore moving relationships between the psoas, heart and head using simple sound streams, movement sequences and breath.

WHERE: Level 3 Rialto South Tower 525 Collins St, Melbourne  
\$225 early bird paid in full by 10/4; \$250 afterwards.  
\$450 for both workshops

For more information and registration:  
Contact Zac Jones  
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International Presenter Amber Gray is a longtime practitioner of body centered arts and sciences and an advocate of human rights. She is an authorized Continuum teacher, a yoga teacher, a somatic psychotherapist and an award winning dance movement therapist.