

DANCING THE WILD HOME

A Restorative Movement & Whale Encounter
Retreat in TONGA

August 27 -
September 5,
2019



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 resiliency. This restorative movement retreat combines daily whale and often, other ocean dweller (dolphins, turtles, manta rays) encounters, with daily movement and dance practices, explorations, and "dives."

We will also have an opportunity to visit stunning coral reefs and beaches. Our Tongan whale guides have grown up with Humpbacks, and create 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.

Amber Elizabeth Gray is an award-winning Dance/Movement Therapist, an authorized Continuum 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 strain from the busy-ness and demands of the world; affected by stress and trauma; or just wanting to connect to the wild and the magical.

Each day will be a journey into the sacred and the restorative through continuum, restorative movement, yoga, sacred dance and whale encounters.

The Ocean is home.
Considered the mother of us all in many sacred traditions, she absorbs more carbon dioxide than anything else on our planet. For every breath we take, we have the ocean to thank for offering the gift of oxygen, and therefore, of life.

WHEN:

August 27 -
September 5, 2019

WHERE:

Ha'apai, Tonga

**FOR COSTS, TRAVEL
& REGISTRATION:**

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NOTE: Accommodation is shared; a few singles are available until May 1, 2019