

# *At the Crossroads: The Serpent's Dream*

A Five Day Continuum Depths Retreat

This depths retreat respects and honors Continuum's origins in Haiti's rich landscape of dance and ceremony.

Our sound, breath and movement explorations will pay homage to sacred tradition. This retreat takes place during *Fet Gede, The Feast of the Yams*, in Northern Haiti.

In Haiti, the "Poto Mitan" (center space) is the potent place that fosters healing and transformation. The human *Poto Mitan*, our axis mundi, inhabits our spine and midline. The soothing, circular, undulating movements that Continuum invokes are those of creation – the rivering spine; the Serpents Dream. The awakening of the sacred primordial restores our capacity for ease, fluidity, and liberated movement.

This depth retreat integrates Continuum with the fundamental elements of ceremonial tradition. Weaving together sounding, spirals of movement and wisdom from this sacred tradition, we will prepare for a drop into the silence and magic of an "all nighter": A time to dive into dreams, perceptual shifts and deep explorations of the inner landscape.

**October 27-31, 2021 in Austin, TX**

For more information visit:

[www.ambergray.com/events/at-the-crossroads-atx/](http://www.ambergray.com/events/at-the-crossroads-atx/)