



PHOTO CREDIT: JACK HATFIELD, 2019

DANCING THE WILD HOME

AUG 23 - SEPT 1, 2022
HA'APAI, TONGA

FOR COSTS, TRAVEL
& REGISTRATION:

RESTORATIVERESOURCES@GMAIL.COM
AMBERGRAY.COM



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. In these times of profound climate crisis, our health depends on planetary health. Planetary health depends on ocean health.



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 eco-somatic retreat combines daily whale and other ocean dwelling creature encounters (dolphins, turtles, manta rays), with movement, dance, breath and sound practices, explorations, and deep “dives.” We also support Tonga, an island threatened by rising and polluted waters, through inspired action to help us steward mother earth.

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; concerned about climate change; or just wanting to connect to the wild and the magical. Each day will be a journey into the wildzenness of the sacred through continuum, restorative movement, yoga, sacred dance and whale encounters.