



“We live on an earth where change is the only thing we can be sure of. And our silky bodies, webbed with wisdoms belied by the rushings of our 21<sup>st</sup>-century lives, have the pacings of plants budding and light expanding.”

Carolyn McVickar Edwards

## Resolutions in Motion: 2019

SOMANAUTIKO presents a New Year's Day Continuum Event

10:00am-4:00pm • \$100 (1/2 day option is available, if space allows)

Community Yoga & Wellness Center PRE-REGISTRATION REQUIRED

16 Federal Street 2nd Floor • Greenfield, MA 01301

The mind's perception of our experience forms the world we live in. In this day-long retreat, we will **SLOW DOWN**, increase our awareness, and enhance our ability to sense and more accurately perceive ourselves in the present moment.

With explorations of sound & silence; stillness & movement; art, language & dance, we will practice how to surrender more gracefully, with less resistance, to change and reclaim the power of choosing how we respond to our circumstances.

Our 5<sup>th</sup> annual New Year's retreat will invoke the theme of **REBIRTH** and explore **INTENTION** as the first of 5 phases within this process. Come loosen and shed the constricting skin of fear, stress, and pain in order to reclaim our ability to be held and receive self-love as we embark on a New Year of self-discovery and growth.



SOMANAUTIKO

To register or for more information contact:

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[WWW.SOMANAUTIKO.COM](http://WWW.SOMANAUTIKO.COM)

*A place where explorers of the body gather essential resources.*