

BATHING THE BONES



CONTINUUM AND SACRED MOVEMENT SOOTHING AND REPAIR OF ABUSE TRAUMA

WITH AMBER GRAY

AND CO-FACILITATED WITH SAINTTINA DE MOLEAY
BYRON BAY, NSW, 8TH TO 11TH SEPTEMBER 2011

AMBER GRAY has for twenty years worked as an artist facilitating healing in communities torn by trauma, and as a consultant and trainer on behalf of victims of human rights abuses, she developed Bathing the Bones using the techniques she had observed to be most successful in addressing abuse trauma: Continuum; rhythm; and sacred dance. In addition to being an authorized Continuum teacher, she is also a longtime practitioner of Somatic Psychology, Massage Therapy, Life Impressions Body-Work, Dance Movement Therapy, Energy Medicine, Cranio-Sacral Therapy, Yoga, and Shiatsu. She is a licensed mental health professional, and an advocate of human rights.

SAINTTINA has also been addressing trauma repair in her life, and in her work at a more personal level. From a family challenged by abuse, and mental health issues, as a survivor she has sought out sustainable and effective personal development and health modalities. She has been a movement and dance facilitator for 25 years; is a first generation 5Rhythms teacher; a practicing Taoist; and an expert in Children's Play. She says on encountering Continuum with Amber 'it was like a balm, soothing my ragged edges.'

Thur. 8th to Sun 11th Sept
Thurs. 7.30 - 10pm
Fri. Noon to 7pm:
Sat. Noon to 9pm
Sun. 10am - 4pm

Yogalates Studio. 72 Byron St,
Bangalow NSW 2479
For information & Registration
Contact Sainttina on 0402 170 846
sainttina@hotmail.com

Cost: \$300

