

Big Sky Mind ~ Big Ocean Body

A Meditation and Continuum Movement Retreat

Sevenoaks Retreat Center ~ Madison Va. ~ January 25 - 29, 2012



The Immersion in pure, open awareness activates and expresses our deepest intelligence and innate wisdom. Engaging in mindful movement that is in accord with our fluid nature awakens a deep connection to life. In this retreat, through alternating periods of Meditation and Continuum practice, we will investigate how the polarities of stillness and movement, sound and silence, arise from and inform each other, and generate a life of wonder.

Join Us For A Mid-Winter Exploration & Renewal

- Enjoy 5 days and 4 nights of marvelous food and deep serenity in the gorgeous foothills of the Blue Ridge Mountains.
- Give yourself the space to remember the peace of resting in awareness.
- Dissolve habitual patterns of movement and thinking.
- Experience mind/body inquiry as creative process.
- Be nourished by a community of like-minded travelers.

The Retreat Format will be timed periods of Continuum and Meditation along with open periods of self-paced inquiry. There will be a 3-day period of silence. All activities are optional. There will be ample time to enjoy the natural beauty surrounding Sevenoaks.

Continuum is an invitation to play in the field of being human. We explore breath, sound, and movement that engages our fluid nature. The process leads us into conscious relationship with all life. The awakening of this consciousness infuses every part of our being - physical, emotional, spiritual, and communal - with spontaneous grace and ease.

Meditation is an ancient and universal awareness practice that awakens us to our rich inner life and our inherent wisdom. The deep silence of meditation allows space and clarity to enter, nourish, and heal.

Cory Blake is an authorized Continuum Movement teacher who is a guitarist, educator, and composer. He has performed in numerous venues and taught on the faculties of both Virginia Commonwealth University and the University of Richmond. A long time student of meditation and human potential inquiries, Cory began studying with Emilie Conrad and Susan Harper, the founders of Continuum, in 1992. He is currently the music and movement therapist working at McGuire Veterans Hospital in Richmond Va.

Contact Cory ~ 804-320-4736 ~ returnman@aol.com

Mark Bryant began formal meditation practice in 1986 in the Zen Buddhist tradition and since 1996 he has worked with Toni Packer, founder of Springwater Center, as well as other teachers at Springwater. He has extensive retreat experience in Zen sesshins and at Springwater Center. He is co-founder of the Richmond Meditative Inquiry Group in Richmond, VA. Mark is an artist who has exhibited his paintings in the U.S., Canada, and Asia.

Contact Mark ~ 434-392-7916 ~ mudra.mark@gmail.com



Cost: \$560 **Registration Deadline: January 7**

Contact Cory or Mark to register or for more information.