



Ajaya Sommers

*Continuum
Embodiment Explorations*

Growing at the Speed of Love
December 3rd, 2016 10am-6pm Berkeley, Ca

Join me in co-creating an environment where the conditions are ripe for the translucence of our biological matrix to unfold it's knowing beyond our contemporary cultural walls.

Through precisely directed breath, sound, movement and awareness practices our anatomy can "light up" to reveal what it means to evolve and grow at the speed of love.

We are living, breathing, and walking miracles of conscious awareness. No matter how much amnesia clouds our biological experience from trauma, pain or suffering, the original "template of love" is always available to be reclaimed. Once restored, remembered and rekindled as a fire of living love in our cells, organs, bones, heart, mind -our transcendent spirit can embody.

Given the fact that everything is changing- nothing is stable or certain in terms of any sense of ground in the physical dimension. It is vitally important that we know how to fluidly abide in our self-referential sense of center and to live from this place of true ground.

Ajaya Sommers is a gifted healer, teacher and creative catalyst in the field of embodied awakening. For the last 25 years, she has been instrumental in facilitating conscious evolution in hundreds of people's lives. All of her programs are grounded in science, expanded through devotional practice and made real through direct experience.

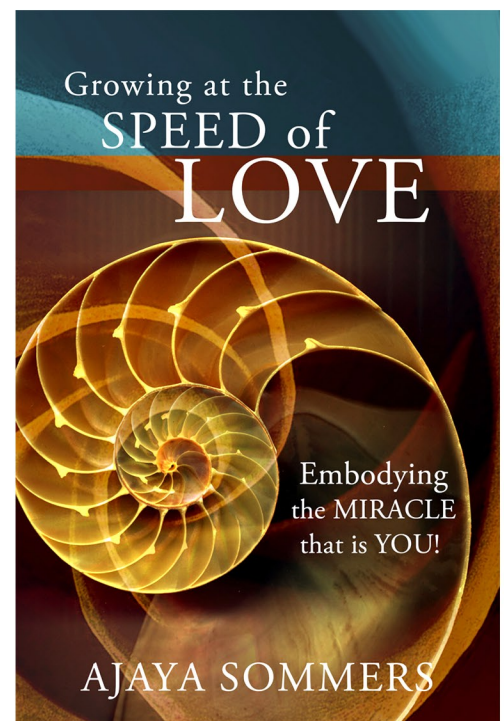
Within a field of unconditionally loving presence, Ajaya facilitates and transmits a unique discovery process called Core Embodiment, an integrated system of embodiment practices, principles and perceptual orientations to awaken and align with the power of our human potential. She is a certified Biodynamic Craniosacral Integration Teacher as well as an Authorized Continuum Teacher.

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415-515-2657 to register

\$185 or \$150 per person if you bring a friend.

Limited to 20 people



**** The last Bay Area class until summer 2017 ****