

S U M M E R   S O L S T I C E   W O R K S H O P

# TerraSoma

A Moving Earth ~ Body Experience

## Praise for Shannon

“Shannon has helped me learn not just about my human anatomy...but the ways that I can employ *my* anatomy to serve me more efficiently and safely. Not only has her therapy resulted in a calm tranquility but has aided me to be more aware and more vibrant with my entire system by investigating the connectivity of its pieces. She guides her clients into a place of greater awareness and also greater vulnerability. Shannon’s approach respects the connectivity of a person’s physical and mental wellness...”

- Eva Mohn, dancer and musician

**Shannon Cristie, CST, NCTMB**  
Therapeutic Movement Consulting  
Body & Energy Therapies  
612.872.9900

## *Awareness through Movement*

This short Summer Solstice workshop is designed to lay the foundation for knowing and moving with the body from the inside out, and to use that knowing in a real time experience within nature for mutual benefit and healing.

Just as native peoples and others have for centuries, we will be connecting to the deep wisdom and healing energies of the earth; honoring the relationship and the potential for exchange that is inherent to our humanity.

The amount and intensity of movement created within this workshop is based on the current capacity of each participant. As opposed to a technique, this is an approach to body awareness and movement; a shift in how we see, feel and experience our bodies and the way we move.

Dress comfortably for ease of movement, bring an exercise mat or blanket, small pillow or neck roll, and materials for note taking. There will be a 1 hour lunch break on Saturday. Weather permitting, the experience on Sunday will be outdoors.

For further information, questions, and to register, please call Shannon at 612.872.9900. Workshop contribution is \$150 with space available for 12 participants.

## Save the Dates

Saturday

**June 20**

**10am - 5pm**

@ Lightsmith

Education Center

Sunday

**June 21**

**6pm - 8pm**

@ outdoor

location -

Looking forward to  
moving and healing  
with you!

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## ***Basics & Benefits***

- ~ slow down and reconnect with the natural rhythms of your body
- ~ discover your dynamic, fluid nature
- ~ know and move your body from the inside out
- ~ learn approaches that support the sequential unraveling of restrictive patterns
- ~ deepen your awareness and use of the dimensions and potentials of your body
- ~ awaken the interconnection between your energetic and physical cores
- ~ enhance your capacity for release and resolution
- ~ realize a broader base for continuous body support
- ~ open and connect to earth energy through your sensory pathways
- ~ enjoy a potent and fun experience with others, full of the growth and renewal inherent to the season.

## ***About Shannon***

Shannon Cristie has been a student of bodies and movement since her heart surgery at the age of four. Her interests and trainings include various artistic, athletic and therapeutic forms. She holds degrees in biology and psychology and multiple certifications in the healing arts. Shannon has maintained a private practice in body, energy and movement therapies for 17 years. Over the past several years, Shannon has begun consulting with performing artists and groups, and refining her approach for workshops, retreats, and performance support.