



Sandra Anais: Archetypes in Motion



Sandra is an Archetype Consultant, Archetype Embodiment Facilitator, mover, and dancer. Join Sandra on a guided warm up and meditative dance ritual to connect with your most resonating archetypal pattern at the moment.

TOP EMBODIMENT TIP: Just dance, just move, and don't judge yourself. Keep connecting to your body in any way.

The Seeker Archetype: Seeking Truth, Seeking Enlightenment.

- Your first association with this Archetype can be a person who you feel has a strong Seeker Archetype, an emotion or a concept that you relate to this Archetype, or something in nature.
- Pick one part of the body where the Seeker lies, and trust intuitively to find expression through movement.
- Find a personal image to relate to. What is Seeker for you? Are you seeking inside? Is this truth somewhere within? If so, which part of your body is seeking this truth?
- Engage the whole body.
- If you feel lost, this is common for the Seeker Archetype. Don't judge yourself.
- Engage your whole body in this expression of getting lost, or seeking yourself.
- Are you seeking outside yourself? Integrate seeking from outside and seeking within.
- Find some way to find meaning, a dance, a story.

Archetype Body Sanctuary Program: Awakening Dormant Creative Potential - A Journey Within.

- Begin to see the world through archetypal perspective, navigate through archetypal lands, and discover movement tools to support your archetypal energetic dynamics.
- A personal, embodied ritual practice to find safe, intimate space within our bodies, embodying archetypal energies.
- Integrate alternative, playful, movement tools into your own practice.
- Eternal Seekers: We are all looking for consistent personal growth methods, and want to awaken dormant potential.
- Module 1 - Survivors Archetypes. From Survivor's Ashes to Hero's Journey: Coming home to your archetypal sanctuary through self-reliance and self-confidence. Four Main Archetypes: Prostitute, Victim, Saboteur, Child
- Module 2 - Finding Your Personal Archetype. Knowledge about the motivational backgrounds of 8 archetypal families and how they work on your psyche.
- Archetypal Wheel: Soul map of your archetypes in your astrological houses.

Resources

- ❖ **Music:** Playlist [spotify.com](https://open.spotify.com/)
- ❖ **Courses:** [Online Body Sanctuary](#)
- ❖ **Website:** [Archetypes in Motion](#)
- ❖ **Contact:** go.oncehub.com
- ❖ **References:** Caroline Myss



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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