



Somatic Archaeology™ Community Circle

With Ruby Gibson, ThM
Deep Bay Retreat Center, Lakeside, MT
June 30, 2012

*What were your parents, grandparents and great-grandparents' experiences?
How do their life events and traditional stories affect you?
Can your lineage affect your present day physical, emotional and spiritual health?
Can you change what you inherit? And if so, how?*

Join Somatic Archaeology™ developer, Ruby Gibson, for this experiential teaching circle to learn how intergenerational information is held, managed, accessed and reconciled through your body, the living library of your ancestry.

Now is the time to discover the powerful 5 Steps of Somatic Archaeology™ — excavate body memory, assimilate stress, and minimize unhealthy patterns passed onto future generations. Somatic Archaeology™ combines somatic attunement, breathwork, aromatherapy, neurophysiology, nature meditation, medicine wheel principles, and stress management models formulated from kincentric principles to create profound shifts in your hormonal, physical and emotional well being.

Excavate Your Life Story

- ◆ Explore Cause and Effect: The impact of historical trauma on society, family, culture & future generations
- ◆ Origins of suffering, stress syndromes, addictions, chronic pain, disease patterns and repetitive experiences
- ◆ Understand the neurobiological mechanisms of storing/integrating/excavating somatic memory
- ◆ Apply the alchemy of the ancient medicine wheel as a diagnostic tool and healing model
- ◆ Mindfulness skills for trauma first aide, somatic tracking, instinctual resourcing, empowered healing
- ◆ Discover how biogenealogical conflicts can lead to present day physiological problems
- ◆ Unearth joy, creativity, passion, dreams and authenticity for a full life

Somatic Archaeology™ Community Circle Details

Date: June 30, 2012, Saturday 10 am-6 pm (bring your own lunch/kitchen available)

Tuition: \$50.00 by cash or check / \$55.00 on-line by credit card

Location: Deep Bay Retreat & Conference Center, Wood House,

PO Box 718, Lakeside, MT 59922 / www.deepbay.org / 406-844-2611

Registration: Mail payment to Freedom Lodge, PO Box 811, Evergreen, CO 80437

Or register on line at www.rubygibson.com/event-registration/

Contact: 303-670-7300 or trainings@rubygibson.com

Instructor: Ruby Gibson, ThM, is an international educator, doctoral candidate, licensed massage therapist and certified somatic therapist specializing in transgenerational reconciliation of suffering for over 30 years. Ruby developed Somatic Archaeology™ in 1996 and is the author of *My Body, My Earth, The Practice of Somatic Archaeology*.

