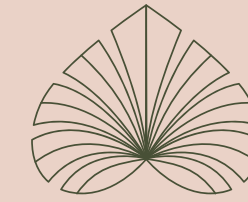


AMBA METHOD MAP

layers of practice



LAYER	WHAT IT'S ALL ABOUT	AMBA OFFERING
5 Way of Life	Living the practice: Experiencing the connection to our body and essence that we access within the practice sanctuary in our everyday life. While speaking, relating, driving, waking up and getting out of bed, cooking, exercising, working, eating, and everything else! Applying concepts from the practice directly to life's challenges, surprises, spiritual birth canals and all real-life situations. .	Private Sessions & Mentorship
4 Unlock the Dimensions	Expanding and deepening your practice. Learning, exploring, becoming fluent in the 5 types of practice: 1) Skill building 2) Journey into union with the divine, experiencing the liquid love light within you, rippling through your body 3) Inner Alchemy: Transmuting and dissolving emotions, history, and patterns 4) Therapeutic: Unwinding physical patterns and symptoms by going into the intangible roots. 5) Becoming + Creating a new Reality: Uprooting deep patterns in the being, clearing them all the way through the physical tissues, creating space inside to then infuse with new energies and a new way of being	Private Sessions, Amba Lodge, Retreats, Amba Community
3 Attunement + Presence	Your practice becomes a refuge for you, a sanctuary through developing quality of presence, attunement and ability to track subtle movement and listen inward, cultivating a strong alchemical container of awareness. Learning to hold compassionate, equanimous space for yourself to experience the full range of feeling (elements) as you're ready to do so. This is key for being able to go deeper, as there will be lots of discomfort - not because anything is 'wrong' but because you're uncovering deeper layers that are ready to be felt, held, touched, and ultimately transmuted into love + wisdom.	Amba Community, Workshops, Retreats, Private Sessions
2 Laying the Foundation	Skill Building and learning the Basics: The 5 pathways of Amba Method: Breath, Movement, Sound, Touch and Imagery. The 3 Basic Amba Practices: Deep Nourishment (space element), Luscious Movement (air + water elements) Primal Aliveness (earth + fire elements)	Amba Community, Workshops, Retreats, Private Sessions
1 Getting Started	Begin at the beginning: Thawing out, learning to feel your body from the inside, re-orienting to your body as an intelligent bio-spiritual vessel, as Nature Herself, as vital energy + sacred earth, as a living altar. Dissolving false ideas of your 'body' as an image, a doing machine, a problem to fix, or just a dense suit that gets you places. Beginners mind is needed here as you dissolve patterns and open to experiencing your body as an alive 'now' experience.	Amba Community, Workshops, Private Sessions