

Contemporary Alexander School Modules

Sacred Geometry of the Body - Understanding Your Innate Design.

The Sacred Geometry Module offers you an introduction to human design as a part of Nature. It helps you to begin to understand and experience the profound weaving of embodiment, consciousness, and Nature.

From this perspective, you begin to deeply understand human support and movement, the inter-relationship of mind and body, and the essential connectedness of all beings - both theoretically and experientially.

Sacred Geometry is a profound study, worthy of a life-time of research - whether you are new to the study or a well-verse traveler, this module will help you incorporate the underlying design into your physical experience.



The Sacred Geometry Module is included in the Embodying Grace Course, or can be taken as an individual unit.