

LIBERATING THE ARTS

A Series of 4 Workshops

EMILIE CONRAD & FACULTY

Continuum has provided an extraordinary movement journey, taking thousands of people into undiscovered territory. The result is, "Liberating The Arts" a program devoted to establishing an art form expressing these unique adventures.

The sound and moving arts, as well as the written and visual arts are soul signals taking us beyond conventional thought into subterranean landscapes. These signals surface in mysterious and unpredictable ways, informing and re-forming our habitual world.

As social systems stumble for new sources of inspiration, we find within the shining light of renewal from our own free-flowing spirit.

Following are listed a series of workshops led by an experienced Continuum faculty taking creative expression from interesting entertainment to cultural necessity.

See other side & website for further details
www.continuummovement.com/liberatingthearts

August 6-16, 2009
Santa Monica, CA
At the Continuum Studio

Continuum 310.453.4402
theField@ContinuumMovement.com

WORKSHOP SCHEDULE

August 6-7

LIVING THE COSMIC BODY...COURTING THE MUSE

Suzanne Wright Crain

August 8-11

WRITING THE WAVES

Emilie Conrad & Rebecca Mark

August 12-13

SOULSOUNDS

David Gilbert

August 14-16

ECO-MOVEMENT: THE MOVING ART OF NATURE & LIFE

Teri Carter



LIBERATING THE ARTS

LIVING THE COSMIC BODY

...COURTING THE MUSE

SUZANNE WRIGHT CRAIN

Linking the flow of Continuum Movement explorations with our visual sense, we open to shape, texture, color, patterns, designs and species alive in us and in nature. Gestural drawing tracking with our non dominate hand follows each movement exploration revealing our full bodied unique expression. Opportunities to experiment with this process are extended through layering sequences with paint, clay and collage.

No movement or art experience required.
*\$25 materials fee

August 6-7, 2009 in Santa Monica, CA
\$225(early)/ \$250
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WRITING THE WAVES

EMILIE CONRAD & REBECCA MARK

As we emerge from the sourcing of our Continuum journey, we put pen to paper and revel in the writing, hieroglyphic renderings, ciphers and mysterious cave drawings sometimes appearing as stories, poems and possibly dialogues as emergent characters surprisingly arrive.

We find ourselves in a process individually illuminating, mysterious, communally healing, politically radical, and in forms of genius never seen before. We move, we sound, our voices blend, our gestures reveal the moment as alive with creative fire.

Ultimately this process helps us witness the immense brilliance of the wave of cellular illumination and innovation we as humans are suspended in.

August 8-11, 2009 in Santa Monica, CA
\$475(early)/ \$500
Continuum 310.453.4402
theField@ContinuumMovement.com

SOULSOUNDS

DAVID GILBERT

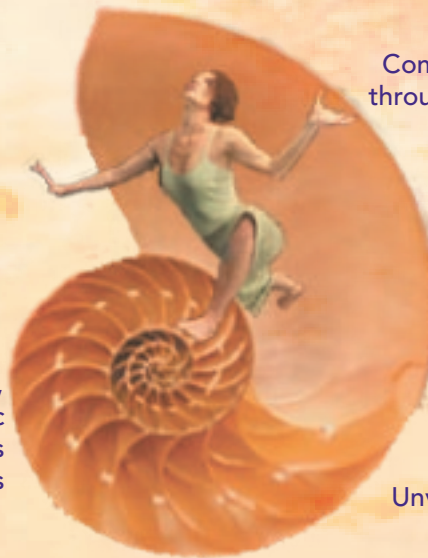
From the depths of our Being, our unique SoulSounds long to be expressed and shared.

Using Continuum to create coherence and resonance within ourselves and in the group, our Hearts' songs are revealed as our listening deepens. From the potent voice of the Field our individual voices are sourced.

Our heart-mind-body intelligence contains within itself the seeds of infinite possibilities. We play individually, in pairs & triads, and as a group.

Come join in our sacred sharing of our Hearts' prayers through the power of our voices, movements, gestures, and words as our Souls' offerings sing on!

August 12-13, 2009 in Santa Monica, CA
\$225(early)/ \$250
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ECO-MOVEMENT

THE MOVING ART OF NATURE & LIFE

TERI CARTER

Unveiling our hidden potential, we dive into sound, breath, sensation and movement. As open bio-ecosystems, we develop our capacity to respond to circumstance.

Releasing the co-creative impulses living in our cells, tissues, and imagination prepares us to express the voice of nature in solo and group witnessing exchanges.

Inspired by the interrelating elements in our environment - a montage of stones, flora, and fabric - we learn to shift our inner world experience to an outer world play and performance, ecoing in our daily life.

August 14-16, 2009 in Santa Monica, CA
\$375(early)/ \$425
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