

Continuum is an extraordinary awakening to the fullness of what it means to be alive

The Memory of Water

Birthing the New with Continuum Movement

Emilie Conrad, creator of Continuum Movement, taught that all fluids are basically one element resonating with all other fluids. Inherent in this elemental connection is the idea of “Eternal Return.” The human body, like earth, is 70% water. *There must be a reason.* Our embodied lives begin with 9 months creation, in water.

The journey of human development mirrors the origin and adaptation of species from ocean to land. This evening “dive” introduces newcomers and experienced movers to Continuum as a practice that promotes healing through a journey into our fluid nature.

Combining Continuum’s breath, movement and soundscapes with principles of embryogenesis invites return & renewal.



WHEN:

**Friday, September 9, 2016
6-9pm**

WHERE:

Soul Centre, Titirangi

COST:

\$25

Instructor:

Amber is an Authorized Continuum Movement Teacher and award winning dance movement therapist who has worked for 30 years with people who have survived human rights abuses. She is considered a pioneer in the field of movement therapy and trauma. Amber uses Continuum movement as a primary restorative practice in her work, and for resilience after injury, illness and chronic stress. Her teaching combines Continuum with dance movement therapy, somatic psychology, current trauma and neuropsychological research, cranial-sacral therapy, ritual, and creative arts.

Info & Registration:
[info@soulcentre.co.](mailto:info@soulcentre.co.nz)

**nz or call
09.8173051**