

The Untamed Body: Rewilding with Continuum

"You were once wild here. Don't let them tame you"
Isadora Duncan

Art by Jessi Cross



The human world is often synonymous with the modern, civilized world – a world of walls, schedules, and speed. Our evolutionary ancestors slid across the earth, swam in the sea, and rested their bellies on the earth. Our own bodies remember this wildness: Our bio-intelligence.

Continuum is a movement practice originated by Emilie Conrad that uses breath, sound and movement to awaken our innate, primal movement. This evening series combines explorations of the imaginal with fluid movement sequences to invite our wild bodies home.

Wild Mind: Tuesday, September 26, 6-9 PM

Wild Heart: Tuesday October 24, 6-9 PM

Wild Flesh: Tuesday November 28, 6-9 PM

Cost: \$35 per class

Classes are held at MOVE , 901 West San Mateo, Santa Fe

For Information and Registration: Amber Gray, Continuum Teacher

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