

The Warming Darkness

A Continuum Series

January 22 • February 12 • March 12

Puerta de la Luna
546 Harkle Road
Santa Fe, NM

5:30-8:30 PM

\$35 per class

Movement is life. This Continuum class series invites our bodies into moving divination. Continuum is a movement and life practice, originated by Emilie Conrad, that weaves breath, sound and movement into a landscape of internal exploration and self-choreographed movement and dance. This series is inspired by this season of dark, transforming to light. Each class will explore the warmth of darkness and the gestation of light to inspire freedom, openness and freshness in our bodies and their primary language of movement. Every body is welcome; Continuum is appropriate for all ages and fitness levels.

Amber Gray moves from a diverse landscape of experience. As a dancer, 28 years studying and teaching Haitian dance led her to Continuum. She was mentored by Emilie Conrad, who authorized her to teach "Continuum Movement", in 2007. As a human rights psychotherapist, she works with survivors of war and political violence in the U.S and is an international consultant, advising many programs worldwide on staff care and wellness programming. She is an award winning dance movement therapist, an animal rights activist, and lover of all things wild.



For information or to RSVP contact
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