

# REBIRTH, RE-ALIGN RE-GENERATE

## THE CONTINUUM OF REGENESIS

**April 9, 2019, Seed of Being:**  
Rebirth

**May 14, 2019, Cross of the Sun:**  
Spinal Dance

**June 11, 2019, Gateway to the Three Hearts:**  
Regenesis with guest teacher Kennedy Braden

Continuum is a movement and life practice that invites rest and welcomes movement in service of renewal, regeneration, rebirth, and re-alignment. Acknowledging our 80% fluid composition, breath inspired sound-streams, and movement-scapes can remind us how we are born to move before social and cultural conditioning patterns us. This dive series honors this season of death and rebirth, sacred change, and eternal return.



Amber is an authorized Continuum Teacher and award winning dance/movement therapist. She uses Continuum as a primary restorative practice in her work, and for resilience after injury, illness and chronic stress. Her teaching often combines Continuum with dance/movement therapy, somatic psychology, current trauma and neuropsychological research, movement therapy, ritual, and creative arts.

Kennedy Braden has dedicated her life to igniting hearts and deepening connection through the physics, practices and embodiment of the Evolutionary Heart.

**Time:** 5:30-8:30 PM

**Cost:** \$35/per class

**Where:** Puerta de la Luna, 546 Harkle Road, Santa Fe  
In the "Conference Room"

**For more information and registration:**

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