

CONTINUUM AT THE EDGE

Moving through Uncertainty &
Change with Grace & Ease

Where • Directions Healing
Centre, 12 Horopito Street, Mt
Eden, NZ

When • Saturday September 7,
2019, 1-7 PM

Cost • NZD 60, concession rates
available

Our bodies connect, contain and support our movement through life. In these times of increased speed, busy-ness, demand and undeniable climate change on our planetary home, opportunities to quiet and restore can seem fleeting.

Continuum is a movement and life practice that tones and relaxes our muscle and bone body, tonifies and balances our nervous system, clears our mind, sparks our heart and revitalizes our spirit. Originated by somatic pioneer Emilie Conrad, Continuum is medicine for our uncertain times.

The human body is dwelling place for our spirit. Born of Emilie's encounters with the rich spiritual dance traditions of Haiti, the recognition that life is energy is the heart-center of this practice. Weaving together breath, sound and movement, Continuum restores the natural rhythm and landscape of our body-home, increasing our capacity to tend to our earth home. This one day workshop is a day of mindful movement in service of our well-being and inter-connectedness.



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.

Information • Amber Gray •
amber@ecentral.com

Logistics & Registration •
Sheena Roberts •
authenticembrace@gmail.com •
+64274880690

"We have to wake up to the fierce urgency of now"
Jim Kong Kim, on Climate Change
President, The World Bank