



Dreamscape

Art Credit: The Pitjantjatjara
Community

A Continuum Moving Inquiry

Saturday, November 7

1:00-6:30 PM CT

Location: Zoom

Cost: \$100

Registration:

ambergray.com/events/dreamscape-continuum-atx

Continuum is a moving practice that invites embodied self-reflection, deep assimilation, and deep rest. In a world that moves quickly and is often impatient of our inner guidance and wisdom, we can lose the heartbeat of our own rhythm. Coupled with the current global environment spanning uncertainty, collective loss and fear, and the challenge and possibility of BIG CHANGE, we can lose our sense of center. Gathering wisdom about body knowing through our own deep listening in a breath, sound and movement- scape, this 1 day introduction to Continuum is inspired by earth, ocean, and a vast field of stars, inside and around us. This class will focus on sound, spirals, and stillness as medicine.



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 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.