

FLUID HEART, OPEN MIND

A Contemplative Continuum
Approach to Mindful Change &
Heartfull Action

DATE: 14-16 FEB 2020
TIMES: 11AM-5PM DAILY
**VENUE: HABITAT UNITING CHURCH,
HAWTHORN**
COST: \$580 / \$520

Continuum is a movement practice that is inspired by sounding and fluid, moving sequences innate to your own body. It is mindful movement: increasing your awareness and focusing your attention on the deepest stirrings beneath each impulse, movement and action. By tapping into your body's own sense of intelligence and justice, this practice is a portal for cultivating deep self-compassion and presence, for heartfull action in your own life and in the world.

As experience carves new neural pathways and expands the capacity of our brain, so innovations in our movement and action might increase our capacity to connect to the worlds around us.

Engaging in our heart's call for connection and evolution's gift of neuro- and Bioplasticity™, this 3-day immersion is an opportunity to explore your own uniquely embodied pathway to fully engaged and compassionate sensing, feeling, dreaming, creating, moving and living.

FOR MORE INFO & TO REGISTER VISIT: WWW.YOGAFORHUMANKIND.ORG/CONTINUUM



International Presenter Amber Gray is a longtime practitioner of body-centered arts and sciences, and an advocate of human rights. She is an authorised Continuum teacher, a yoga teacher, a somatic psychotherapist and an award winning dance movement therapist. She has worked internationally and nationally as an activist, artist, mental health professional, and a trainer/consultant on behalf of victims of human rights abuses for over twenty-five years. She is a core faculty member with Yoga for Humankind and we are delighted to host her independent events in Melbourne.