

Tuesday, June 27th, 2017
6-9 PM at MOVE 901 San Mateo in Santa Fe

Where the Light Plays: Continuum at the Edge

Emilie Conrad, creator of Continuum Movement, taught that all fluids are basically one element, resonating with all other fluids. They function as a kind of umbilical cord supplying us with the pulsing rhythms of life. Continuum restores wholism and engagement with life.

This evening “dive” is an invitation to experience Continuum, a movement practice based on the undulating movements of Haitian dance, as play with our own inner light near the Solstice, when light is long and we begin to move towards darkness.



Continuum involves simple sound streams, breathing patterns and slow, organic movements. In this dive we explore the “confluence of light with the rich loam of darkness” in the diverse and fertile ground of our own bodies. We choreograph our own dance.

Amber Gray is an authorized Continuum teacher, a yoga teacher, a somatic psychotherapist and an award winning dance movement therapist. She has worked internationally and nationally as an activist, an artist, a mental health professional, and a trainer/consultant on behalf of victims of human rights abuses for over twenty-five years:

www.restorativeresources.net

Time: 6-9 PM

Cost = \$35.00

Information & Registration: Amber Gray
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