



## Vashon Island Continuum Class Series *with Robert Litman & Gael Rosewood*

Come join us as we discover how  
**BREATH, BODY, SOUND & MOVEMENT ARE INSEPARABLE**

Continuum is an inquiry into the nature of movement. Robert and Gael's co-creating and co-teaching with Emilie Conrad, creator of Continuum Movement, has led to the emergence of their own collaboration in furthering this inquiry.

These 8 classes, which can be taken individually or as a series, provide an opportunity to learn the skills of adaptability, mutability, fluidity, ease of movement and coordination. The nature of this play of body and form invites the journey of consciousness to explore the potential for a more coherent and expanded movement vocabulary that fosters a sense of wellness, wholeness, nourishment and ease in our daily lives.

After a brief discussion, demonstration, and instruction there be what is called "a dive" as we individually go on to our mats to spend lengthy time exploring our inner fluid life of movement.

You will be pleased.

No prior experience needed. Wear loose fitting clothing.

**Tuition:** \$45 per class or \$145 for a series of 4

**Dates:** June 10 & 24, July 8 & 22, August 5 & 19, September 2 & 23

**Class Hours:** 10:00 am - 1:30 pm except for September 23 when we will have a special extended class from noon - 6 pm

**Location:** Vashon Island, WA

**Registration:** [robert@thebreathablebody.com](mailto:robert@thebreathablebody.com) or 206.707.1639

For more information on Continuum and Robert and Gael go to  
[www.continuumwellsprings.com](http://www.continuumwellsprings.com)