

CONTINUUM

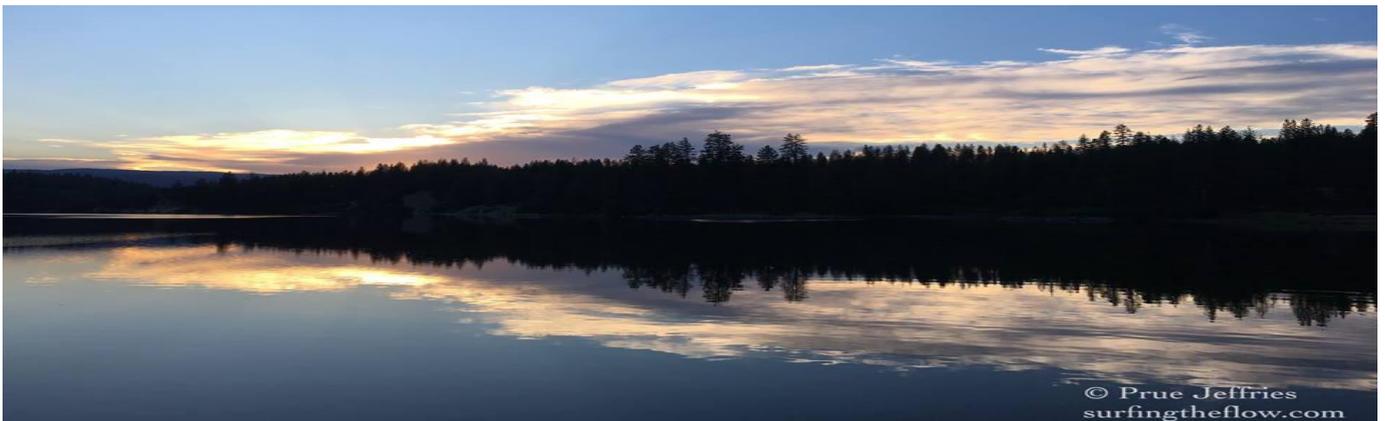
in Paris, Oct 20-22, 2017
with Gael Rosewood



Continuum as a movement practice provides the tools to go beyond the limitations of the cultural view of body and self, opening our perception to a lived experience that is rooted in our immediate sensate world. This inquiry explores a premise that the fluid within our bodies, the planet, and the universe functions as a resonant stream of bio-intelligence. Clouds draw the water up to become rain; the ocean takes the river back into itself. As you participate in the dynamic interplay of breath sound, and wave-like fluid movement, you will have access to restoring ease and well-being at will

The skills developed in this practice bring you in contact with your inner teacher. Liquidity of movement and relaxation of breathing create a frequency of a love based body. The qualities of water are showing us how we move inside grace.

Gael Rosewood studied with Emilie Conrad for 38 years and became a Continuum teacher in 1991. She has taught in Europe, Japan and the USA. After Emilie passed away, Gael stepped in to co-teach the Wellsprings Continuum Practitioner training that was developed by Emilie and Robert Litman.



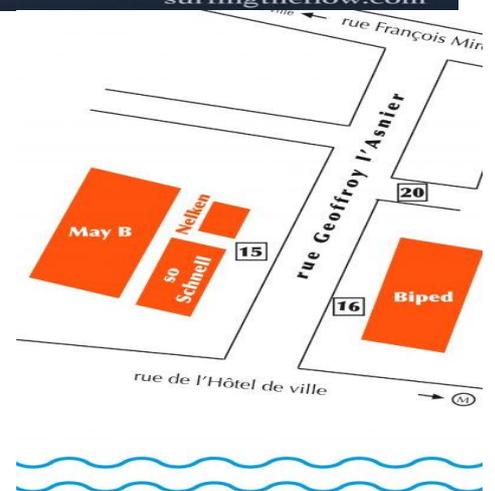
at **micadanses**, Metros: St Paul or Pont Marie

Friday, October 20, 6 pm to 10 pm, studio So Schnell
Saturday, October 21, 10 am to 1 pm and from 14 pm to 16 pm
Sunday, October 22, 9 am to 1 pm

Price: 200€, to be paid in cash the first day

Registration: Please send a check for 80€ which will be returned to you the first day, to the order of Claudia Lezama, 54 rue Victor Hugo, 93170 Bagnolet, France...

Please **contact** Claudia Lezama for further information at :



lclaudia@mageos.com
+ 33 (0)6 45 84 17 00