

Continuum and Yoga

with Beth Pettengill Riley

Introductory Workshop

Saturdays, February 26, April 16 & June 18, 1–6pm, \$75



The body is a dynamic living process composed mostly of water. Yoga practice reaches its fullness when we enter our body as the stream of life itself: mutable, flexible and endlessly creative. The fluid in our bodies, the planet and the universe-at-large create a unified expression of intelligent life through which we can participate with the deeper mysteries of our practice.

The basic premise of Continuum is that movement is something that we are rather than something that we do. What we call a “body” is creative flux itself. We bring our attention here as we explore breath, sound and movement as an interplay of healing currents for ourselves and our times. Using the movement of fluidity as our primary language, we explore as human beings who are connected viscerally, cellularly, neuro-muscularly to all that is.

This workshop will explore the basics of Continuum Movement interweaving traditional asanas in a spirit of innovation and exploration. No previous experience with either Continuum or yoga is required.

Beth Pettengill Riley, MA, is an authorized Continuum Movement teacher. For over 30 years Beth has been leading classes and workshops around the globe in Continuum Movement, meditation, and yoga. Working with Continuum since 1978, she received an MA in Education with a Dance specialization from Stanford University in 1981 and has served as faculty in the Dance departments of Cabrillo College, UC Santa Cruz, and Stanford University and in the Somatic Psychology Department at the Santa Barbara Graduate Institute. Focusing on the future of embodiment, Beth is currently designing a movement-based health and wellness curriculum for teens at Georgiana Bruce Kirby Preparatory School in Santa Cruz, CA. Her passion for movement as the body’s primary healing force is insatiable. Beth’s love of the creative process distinguishes her as a refined and sophisticated teacher and an ally for wellness.