

Explorations of THE PLANETARY BODY Continuum Movement Classes & Workshops

Beth Pettengill Riley ♦ 2011

Fluid Body-Fluid Life

A monthly Continuum class to refresh and renew on the first Sunday of each month.

1-3:30pm ♦ Jan. 2, Feb. 6, March 6, April 3, June 5, July 3, Sept. 4, Nov. 6, and Dec. 4

(no class May, August or October)

\$350 for all 9 classes or \$45 per Sunday

Pre-registration is required

Friday Morning Fluid Yoga

Interweaving Continuum Movement and classical Hatha Yoga in an atmosphere of inquiry.

9-10:30am at the Kirby Dance Studio

425 Encinal St. Santa Cruz

SESSION 1: 5-week series ♦ January 28-March 4

(no class February 4)

SESSION 2: 5-week Series ♦ March 18-April 22

(no class April 8)

Cost: \$60 for the series or \$15/single class

The Body is A River: A Weekend Continuum Retreat at Mt. Madonna Center

Unending streams of liquid bio-intelligence await your discovery...

August 26-28 ♦ Friday afternoon thru Sunday noon

For more information visit www.mountmadonna.org

Mindfulness Meditation & Continuum Movement Co-led with Bob Stahl

Silence and Sensation will guide us through the day exploring the heart of healing that begins to move through us when we learn to pay attention to the nuances of each moment.

Saturday, November 19 ♦ 10am-5pm ♦ \$100

Private Sessions

Want to dive even deeper?

Email or call Beth to schedule a Private Session.

beth@themovingwell.com ♦ 831.685.2523



All classes, unless otherwise indicated, will be held at:
The Subud Center of Santa Cruz ♦ 3800 Old San Jose Rd. Soquel

To register by mail send a check to: PO Box 508, Aptos, CA 95001

For more info and to register online: themovingwell.com