

By Melanie Gambino

I am using Continuum as a part of my high school Health and Wellness and Movement Classes at school as a way to introduce the idea of Bio-intelligence and the Continuum Movement Philosophies and Practices. I've found that working in this way of playing DVD's or Pod-casts is very helpful in assisting students in making the connection between the cognitive higher faculties and sensory information that is often ignored or dismissed in the pace and anxiety of teenage life. I have been working with the students in my class on slowing down and learning to listen to not only the techno-intelligence but to honor their bodies wisdom as well. This seems to be a way for them to begin to understand their individual health and wellness needs. In addition to physical health needs they seem to be more open to exploring and discovering their bodies in new ways through movement, breath, sound and open attention. This process seems to assist them in discovering their own unique learning styles and differences. Hopefully this will begin to foster a way for them to accept and appreciate themselves as well as others and their unique skills, talents and abilities while inspiring creativity.

I see the students beginning to gain new insights into the relationship of what we call a body, body image and self-esteem. At an age when Peak experiences and sensation are so heightened yet also dismissed or made to be hidden or shut down due to social acceptability, the way we explore Health and Wellness and creativity in general within the context of our current educational model seems to be very important to the evolution of not only the students but to the model itself. As we all evolve and grow in this every changing world of information and communication I see an ever-growing need to develop our ability to respond and become more adaptable in what we call teaching and modeling.

The more open and coherent the exchange between student and teacher, the better chance we will all have in developing this new relationship between "Info-gatherers" and "Info-Receiver and Experiencers" as the interface of technology and bio-intelligence melts the boundaries of hierarchy. As a Continuum Teacher I find that one of my roles is to assist the students in discovering the understanding between gathering information and learning through experience. The ever present interplay between knowledge and wisdom in a world that seems to be having some difficulty discerning and merging the two.