

Sponsored by Mid MOTion Collective LLC

Dancing with the Cosmos

A Continuum Movement Journey of Inner Space

July 17, 18, 19

As the cosmos is alive with trillions of stars, we embody the aliveness of trillions of cells. Through the breath, sound and movement of Continuum, together we will journey to the depths of our cellular consciousness. Blurring the boundaries between inner and outer reality, we will dance to the rhythms of our own fluid bio-cosmic heritage.

Benefits of Continuum Movement:

- Increases vitality, health & healing
- Develops core strength and flexibility
- Revitalizes bones, joints and skeletal health
- Awakens creativity and play
- Facilitates trust in one's inherent body wisdom
- Deepens spiritual connection
- Provides a sense of well-being
- Suitable for all fitness levels

One Workshop over 3-Days, session times:

Friday, July 17th 6:30pm - 8:30pm

Saturday, July 18th 1:30pm - 5:30pm

Sunday, July 19th 1:30pm - 6:30pm

Location: Columbia College 1001 Rogers Street Columbia, MO, Jane Froman Dance Studio-Dorsey Hall

Fees: If paid by June 15, \$150, After June 15th, \$175, Day of Event \$200 (call to confirm space is available)

To register: Contact Victoria Day, midmotion@gmail.com or call 573-447-0220

Mail payments to: Mid MOTion Collective LLC, 8306 W Trailswest Drive, Columbia, MO 65202

Paypal: visit www.midmotion.org, please add \$5 handling fee to payment

For more information about Continuum: contact pattyadamik@sbcglobal.net or call 281-679-5198



Patty Adamik, RMT, CLT, is an authorized Continuum Movement teacher.

Since 2003, she has trained directly with Emilie Conrad, founder of Continuum Movement. Patty has been a practicing massage therapist since 1989 and maintains a private therapeutic body work and movement practice in Houston, TX.

Find out about Continuum:
www.continuummovement.com

"The primary characteristic of any fluid system is its ability to keep transforming itself."

~ Emilie Conrad, founder of the Continuum Movement practice