

Frontiers of Health

Continuum Workshop with Emilie Conrad



July 16-25, 2010 in NORWAY

10 Day Wellsprings Intensive

- for people with Continuum experience

Frontiers of Health with Emilie Conrad

Our 10 Day Wellsprings Intensive creates an alchemical vessel in which the stirrings of new life can emerge in safety and in love. Each of us holds our own evolution, each of us also holds our own past which grips the bud of new growth making it difficult to unfold. The Intensive helps us to loosen our grip by the fertile field blossoming from our souls. During our journey we find the Soundstream each of us echos through the days and nights of passage. Shedding skin, molting, birthing, dying; whatever is needed - one is held.

Resonant streams co-ordinate the context in which bio- actions take place. All behavior is a result of context, whether in cells, relationships or countries. We learn from our cells how life thrives, ultimately, we receive the abundance of restorative energies that invigorate what has become withered and alienated.

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The first days of the workshop will be for doing preparations and learning practices that we will be diving into more deeply during the 3 'Allnighters' at the end of our time together. 'All nighters' are based on the Asclepion healing temples of ancient Greece, providing a context for our ever deepening stillness. The creative dark of new life is summoned when we become fully aware of ourselves as a moving life current without designated boundary.

As our days weave together we will continue to discover the depth and breadth of our resonant field. A potent blend keeps arriving as our movements, voices, breaths and words create an inspiration for new significance.

Practical information

WORKSHOP FEE

Double room without bath NOK 14.500
Single room without bath NOK 15.500
Single room with bath NOK 17.500
Food and accommodation included.
Linen can be hired for NOK 100.

ACCOMMODATION

Accommodation on July 15, 2010
from 3 pm. Dinner at 6 pm.
Workshop start: 10 am, July 16.
End 1 pm, July 25. Lunch at 1 pm.

LOCATION

Vestoppland Folkehøyskole, Augedalsvn 15,
NO-2760 Brandbu. The school is situated
about 45 mins. drive from the main airport,
Oslo Airport Gardermoen.
The retreat is residential.

REGISTRATION

Please send us an email with your name,
address, country, phone number, Continuum
experience and what kind of room you
prefer and we will contact you with further
information.

To register, a NOK 1.000 non-refundable,
non-transferable registration fee is required.
The balance must be received 30 days
prior to the start date of workshop to guarantee
your enrollment.

Cancellation: All registration fees are non-
refundable and non-transferable.
Additional payments will be refunded if
cancellation is received via email or post
30 days before the start date of the event.
Payments are non-refundable within the 30
days before the event.

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Biography of Emilie Conrad



Emilie Conrad, the founder of Continuum, resides in Los Angeles, California.

She is considered a visionary, whose work is incorporated by an international audience of professionals from fields such as Rolfing, Zero Balancing, Hellerwork, CranioSacral, Osteopathy, Physical Therapy, Dance, Psychoneuroimmunology, and Physical Fitness.

Her love of movement inspired her to discover the essential, primary movements common to all life forms that lie beneath the influence of culture. These fundamental movements are a 'cosmology' of life, where form is fluidly mutable, dissolving and shaping itself anew.

Emilie's most recent contribution is her revolutionary concept of 'The Three Anatomies'. Here she defines three distinct tissue structures as the cultural, primordial, and cosmic anatomies. Emilie tells us: 'becoming aware of the primordial-cosmic flows of information can be instrumental in diffusing our cultural inhibitors, helping us to move beyond our stilted adaptive patterns, ultimately becoming a resource for health and creativity.'

Emilie has been a featured teacher, lecturer, and Keynoter at many institutes, clinics and associations all over the US and she has led workshops throughout the US, Canada and Europe. She has received awards for 'Movement Teacher' of the year and for her work as a Somatics Pioneer.

A Continuum workshop is an invitation to dive into the play of life, which spirals, undulates and pulsates with an ancient wisdom that becomes our guide and teacher. As we enter a liquid world spiralling within our cells we encounter an undulating memory of all species where millions of years of an embracing life stream circulating through planet Earth is now alive within each of us as we become inspired by this magnificent initiation.

