



Dance Therapy Association of Australia (DTAA) and
Hanny Exiner Memorial Foundation

Deep Roots

An Immersion in Continuum Movement

A great opportunity to work with international presenter

Amber Gray

**At Abbotsford Convent - 1 St Helier Street
Abbotsford, Melbourne**

Dorm 1, Rosina Building, first floor

Saturday 27, Sunday 28, and Monday 29 August, 2011

See Registration section for times. Registration from 11 am on Saturday 27.



Continuum movement as based on the work pioneered by Emilie Conrad, increases flexibility, motility, well-being, creativity, innovation, adaptability and vitality on many levels. Because it does not rely on fixed patterns or postures, it enables us to access our capacity for fluid, free, non-constrained movement, which enhances a sense of youthfulness, aliveness and well being. It is a particularly valuable resource to use in the restorative movement process after trauma and for resilience after injury, illness and chronic stress.

Amber is using Continuum Movement more and more in her own work, and usually combines it into her innovative approaches to stress and trauma recovery. She combines it with somatic psychology, current trauma and neuropsychological research, movement therapy, ritual, and creative arts, in the trainings she provides for health and mental health professionals and paraprofessionals worldwide. In this workshop she will focus on Continuum Movement Practice as a means of teaching us to reduce physical limitations through movement innovation, to counter the “densifying” process of aging and stress, and increase both perceptual and mental awareness.

Continuum will be explored in this workshop as a powerful form of movement that can access individual and collective bio-intelligence, or body wisdom. It borrows from the authentic movement principle of witness to develop the abilities to use this conscious movement practice to discover, uncover and express deep inner experience as root to thoughts, feelings, actions and stories. This course on continuum will be a rich landscape of sound, breath, and movement exploration to increase the awareness of the wellsprings of creativity, flexibility and joy that exists in the body and provide an opportunity to ground us into the experience of corporal presence.

This three day event is for dance movement therapists, creative arts therapists, psychotherapists. Mental health professionals, body-workers, and other allied healing and health care practitioners involved in movement and hands-on practices. Continuum Movement experiences can provide the opportunity for growth and wellness for both the practitioner and their clients.



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Amber Gray

Amber is a longtime practitioner of body centered arts and sciences (somatic psychology, massage therapy, Life Impressions Body-work, Dance movement therapy, energy medicine, cranio-sacral therapy, yoga, and shiatsu), and an advocate of human rights.

She is an authorized Continuum teacher, and a licensed mental health professional, who has worked internationally and nationally as an activist, an artist, a mental health professional, a program director and a trainer/consultant on behalf of victims of human rights abuses such as torture, war, and organized violence, for over twenty years.

She is currently Director of Restorative Resources Consulting and Training. Her work has taken her to Indonesia, Kosova, Rwanda, Central America, Mexico, New Zealand, Croatia, Norway, Sweden, India, Sudan/Darfur, Lebanon, West Bank, Chad and of course her favorite country—Australia!

Abbotsford Convent

Revitalise and restore your energy. as well as learn, at famous and beautiful Abbotsford Convent in a retreat-like atmosphere. The former Convent of the Good Shepherd, was the most important Catholic institutional complex constructed in Victoria and is notable for its medieval French ecclesiastic architectural character, its grandeur, and beautiful gardens and grounds that sweep down to the River Yarra in the valley; surrounded by the aesthetic qualities of farmland and rural setting,. The setting was enjoyed for thousands of years by the traditional owners of the land, the Wurundjeri, for whom the nearby junction of the Yarra River and Merri Creek was an important meeting point. The farming tradition continues with the adjacent Collingwood Children's Farm and the land is probably the oldest freehold farm land in Victoria, right in the heart of the city of Melbourne. The Sisters of the Good Shepherd were remarkable custodians of this unique place from 1863 to 1975 and the valley has changed little since the early days of settlement.



Melway reference 44 G5, Parking \$4 – see www.abbotsfordconvent.com.au for maps/public transport etc.

Registration and workshop details Workshop in Dorm 1



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Saturday 27: meet Abbotsford bakery for registration and brunch (food at own expense) - 11am - 11.45 - to be ready for immersion in Continuum **11.45 – 6.30pm**

Sunday 28: again suggest bakery brunch **11am** prior to immersion **11.45 – 6.30pm**

Please note: During immersion snacks and drinks provided in Dorm 1 kitchenette but there will not be a major break

Monday 29: Early start with midday break. **9.30 – 4.30pm**

Snacks and drinks provided

Dress for movement and comfort and if possible bring Yoga mat and blanket - there will be some provided.

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Costs: 3 Days of workshop

Current financial DTAA member \$330; Concession financial member \$300

Non DTAA Member \$410; Concession non - DTAA member \$350

Registrations are accepted for weekend only, but people registering for the full three days will be given priority of place. Attendance on the Saturday is mandatory. To discuss this and costs –

Call Mandy Agnew: Tel: 90177850; Mobile 0437348808

Email: rmagnew@bigpond.com

If you choose the DTAA member option, you must be a current financial member. You are welcome to join on-line: www.dtaa.org.au Cost is \$55, concession \$44

EVENT REGISTRATION FORM / INVOICE DTAA ABN: 26 323 204 775

First name: Family name:

Phone:..... E-mail:.....

Payment Method: EFT Date paid:.....

EFT to DTAA, Westpac, Middle Brighton branch BSB: 033 095 Account: 330037

Cheque Visa Mastercard

Cardholder's Name:

Signature:.....

Card number:

Expiry date:

TOTAL PAYMENT: \$.....

Please complete this form and return to:

DTAA, PO Box 641, Carlton South, Melbourne 3053 or

Email: save as Word document and email to admin@dtaa.org.au