

## **Continuum Movement: Awakening our Fluid Body February 11,12 & 13**

We are happy to announce that **Linda Rabin**, inspiring Continuum teacher and dance innovator from Canada, is coming for the second time to Amsterdam. This time she will come for three full days to explore with us the basic notions of Continuum Movement: The resonance of sounds and breathing, fluid movement, following internal sensations and open attention.

Continuum is a powerful method: Continuum invites us to move beyond the limits of our usual thoughts and habitual movement patterns into the flexible, adaptable and unpredictable nature of our fluid being. Especially done within a group of people the amplification of the sound gives surprising effects. So simple and so delightful. We learn different sounds and breaths that have a very specific influence on our fluid body. The compression in our body and mind loosens up and we become connected with our primordial state of being. Through this our natural healing capacity opens up. Experiencing connectedness, self healing, re-structuring and re-patterning on the levels of cells, tissue, relationships.

Linda has more than 40 years experience in teaching dance and somatic experiencing.  
More info on Linda: [www.continuummovement.com/teachers/rabin.html](http://www.continuummovement.com/teachers/rabin.html)

This workshop is open to everyone, no experience required.  
Taught in English. Dutch, German or French translation possible if needed.  
More info on Continuum Movement: [www.continuummovement.com](http://www.continuummovement.com)

### **Continuum Movement: Awakening our Fluid Body**

**Dates: February 11, 12 &13**

**Times: 10h00-18h00**

**Place: De Ruimte, Weesperzijde 79 A, 1091 EJ Amsterdam**

**Costs: € 295. Early bird price: when register until December 15: € 245.**

It is possible to stay overnight at De Ruimte for € 15 per night.

Limited place available.

**To register:** Volker Moritz: [vw.moritz@gmail.com](mailto:vw.moritz@gmail.com) tel: 06-40719271

Your place is reserved after payment. You will receive a note of confirmation.

Please transfer the amount to account number: 707573238 VW Moritz, Amsterdam, mentioning "Continuum Movement" and your name.

Refund in case of cancellation is € 200 up to December, 31st 2011.

After that day no refund will be possible.

Looking forward to see you there!

Volker Moritz