

AWAKENING THE FLUID BODY
A Continuum Movement Workshop with Linda Rabin
AUGUST 19-21, 2011

Friday 18.30 - 21h / Saturday 10 - 18h / Sunday, 10 -17h

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

Cost: 250€

To register: +31-6-40719271 or vw.moritz@gmail.com

We are happy to announce that **Linda Rabin**, inspiring Continuum teacher and dance innovator from Canada, is coming to Amsterdam, 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 Rabin has more than 40 years teaching experience in dance and somatic education. More info on Linda: www.continuummovement.com/teachers/rabin.html
Article on Linda's work: www.continuummovement.com/article8.htm
More general info on Continuum Movement: www.continuummovement.com

This workshop is open to all levels of experience

Teaching is in English. Dutch, German or French translation available, if needed.

Accommodation: It is possible to stay at the workshop location for 15€ per night

To reserve your place email vw.moritz@gmail.com and make your payment by transferring the amount to account number: 707573238 VW Moritz, Amsterdam, mentioning "Continuum Movement" and your name. A confirmation will be emailed to you after we have received your payment.

Cancellation policy: Refund of 200€. No refund after June 30, 2011.

"Explore the unexplored within"