

MOVING MEDICINE: LIFE STREAMS*

with Emilie Conrad

October 9-16, 2011 @ *Esalen*.

Cells thrive through communal resonance, creating a range of inclusion that increases their function and viability. Cellular resonance at the human level allows for a larger body in which a greater field carries the opportunity of restorative health.

Vocal sounds are used to stir the magnificent fluid that resides within our tissues. When awakened, the primary choreographer of our bio-sphere begins its remarkable dance as our bodies become glistening examples of timeless shifts.

We learn that our spines are our "cosmic antennae" as we adventure through the miracle of undulating vertebral play. Our heads become chambers of discovery, our throats the song of trees and wind, our hands and feet reflect the nuanced array of unburdened movements—we are now free to move among the many streams of what it means to be alive.

Like awakening from a deep sleep, we comprehend that our systems were designed to continue interactions with the environment far beyond time/space. Like trees growing their roots farther into the earth with branches that spread eagerly toward the sky, we, in fact, have the same ability and purpose. It is time for us to claim our birthright and its future.

* Advance approval and prior Continuum experience is required. Please contact the Continuum Studio and speak to Donna at 310-593-4651 before registering for this course. Participants are encouraged to register early.

Register on the web or call 831 667 3005

For additional information please contact info@esalen.org

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.

