


SPIRALS of STRENGTH

The Core Reality **with Emilie Conrad**

February 3-5, 2012 in Santa Monica, CA

\$375, \$275 for Class Series Holders

To Register, Call Donna (310) 593-4651, theField@ContinuumMovement.com



Becoming a fountain of renewal, we experience the profound play of life as our fluid expression couples with gravity in delicious and exciting ways.

Exercise can be a revelatory experience as the depth of our inherent pool of ancestral knowledge is revealed.

Through the exciting methods of Continuum participants learn how to best access the inner world of fluid nourishment as well as ways of strengthening that bring about tone and flexibility with astonishing ease.

Movements that amplify the movement of water tend to arc, spiral and undulate in order to join our four billion year bio-legacy in assisting the creation of our future as fluidly adaptable human beings.

Spirals of Strength provides an environment where the river of health flows vigorously within our connective tissue, organs, skeletal structure and brain.