

LIBERATING THE ARTS

EMILIE CONRAD, CREATIVE DIRECTOR

**July 14-27, 2008 at the Continuum Studio
in Santa Monica, CA**

Workshops and Evening Performances

For the past forty-one years, Continuum has provided an extraordinary movement journey that has taken thousands of people into undiscovered territory. The result is, "Liberating The Arts" a program that is devoted to establishing an art form that expresses these unique adventures.

The sound and moving arts, as well as the written and visual arts are soul signals that take us beyond conventional thought into subterranean landscapes that surface in mysterious and unpredictable ways informing and re-forming our habitual world.

As social systems stumble for new sources of restorative modalities we find that within our own free-flowing spirit the light of renewal shines its presence.

Listed below is a series of workshops led by an experienced Continuum faculty that will take creative expression from interesting entertainment to cultural necessity.

Included in the two week program will be several evening performances that have been inspired by Continuum.

Performance schedule will be announced.

WORKSHOPS

(descriptions on reverse side)

The Art of Moving Sound with Linda Rabin
July 14-16, 2008, \$350 early/\$375

Dancing the Untamed Tiger with Teri Carter
July 17-19, 2008, \$350 early/\$375

Writing the Waves Emilie Conrad & Rebecca Mark
July 20-23, 2008 \$450 early/\$475

The Art of Movement: Combining Continuum and Art with Barbara Mindell
July 24-27, 2008 \$450 early/\$475

Early Registration is at least 30 days before events.

If signing up for both 3 day workshops \$650 before June 14, 2008/\$700 after
If signing up for both 4 day workshops \$800 before June 20, 2008/\$875 after
Continuum
310.453.4402, theField@ContinuumMovement.com

The Art of Moving Sound

with Linda Rabin

July 14-16, 2008, \$350 early/\$375

Sensations and imaginings arising from our body tissues provide rich resources for a plethora of creative moving forms.

Within us flows the potential to encompass a larger universe in which the separation of creature, landscape or atmosphere is enfolded into a blended reality.

From our inner realm to its outer manifestation, in solo, duo or group exchanges, as witness and being witnessed, we will liberate and play with the sound of movement, the movement of sound.

Linda Rabin, co-founder of LADMMI, one of Canada's leading schools in contemporary dance, brings to Continuum more than 40 years of experience in dance, movement education, coaching and directing. As a Continuum teacher Linda facilitates artists and individuals to realize their personal, creative and performance processes. She is also a certified practitioner of Body-Mind Centering® and has trained in voice and theater. An International workshop leader, Linda teaches in her native Montreal, Canada, the Far East and Europe.

Dancing the Untamed Tiger

with Teri Carter

July 17-19, 2008, \$350 early/\$375

Source your hidden potential waiting to be organically revealed. Drawing from the tiger's sensual/primal connection to movement, we'll explore the mysteries of stillness, adaptability and liquid strength.

Diving into our cells, fluids and body systems, we'll dissolve habitual patterning and unleash the unfettered creativity living in our tissues and imagination.

Breath, sound, subtle movement, experiential anatomy, journaling, and witnessing help invoke the essence of movement, preparing us for limitless dancing.

Teri Carter has taught, performed, choreographed and researched Movement and Healing Arts for over 25 years. She founded L.A.'s Intention Dance Theatre and the SOMA Fest, and she is certified as a Continuum Movement Teacher, Body-Mind Centering Practitioner, Somatic Movement Educator, and Chi Gung Instructor. Teri holds a B.F.A. and Masters in Dance, and she is a teaching assistant in CranioSacral Therapy at the Upledger Institute.
www.tericarter.com

Writing the Waves

with Emilie Conrad & Rebecca Mark

July 20-23, 2008 \$450 early/\$475

As we emerge from the sourcing of our Continuum journey we put pen to paper and revel in the writing, hieroglyphic renderings, ciphers and mysterious cave drawings that sometimes appear as stories, poems and possibly dialogues as emergent characters surprisingly appear.

We find ourselves in a process that is individually illuminating, mysterious, communally healing, politically radical, and in forms of genius never seen before.

Ultimately this process helps us witness the immense brilliance of the wave of cellular illumination and innovation that we as humans are suspended in.

Rebecca Mark is a literary scholar, poet, and performer whose articles, editions, and books address southern writing and women's fiction, with a special focus on the work and life of Eudora Welty. She has taught Poetry in Motion with Emilie Conrad for many years.

The Art of Movement:

Combining Continuum and Art

with Barbara Mindell

July 24-27, 2008 \$450 early/\$475

The creative process moves from an internal primary source that is both mysterious and transformative. Art is a silent footprint of your inner journey.

We will learn how to combine the fertile field of Continuum movement breath, sensation and sound with process-oriented techniques in drawing, painting or collage in order to awaken your creative self expression.

The focus will be on how, through this painting/movement experience, we discover we are the process underneath the story.

Participants at all levels are welcome, no previous art or movement experience is required - only the spirit of adventure!

Barbara Mindell is a fine artist and educator who teaches the art of transformation as a bodily process. She has 31 years Continuum experience with close mentorship with Emilie Conrad, Continuum founder. Her artwork communicates a passion for movement and a profound connection to the interior world. Barbara teaches Continuum Movement workshops, classes and a combination of Continuum, Art and the Creative Process called "The Art of Movement" throughout the U.S. and Canada. She also maintains a private practice in Los Angeles. www.barbaramindell.com

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