

Continuum Movement Workshop

Bio- Intelligence and Resonance

With

Rebecca Lawson

January 21st, 2011 Saturday, 12:30 - 5:30 PM

5 CE NCBTMB available, sponsored by Joyous Living Therapeutic Massage

In this workshop we will consider an alternative view of the body, one in which the body becomes the fuel for its own transcendence. Using sounds, dexterity of breath, and micro-movements, we shall enter a deep silent listening that takes us outside/inside ourselves to an awareness that could be called freedom. Rather than following a fixed system of postures or formalized exercises that maintain patterned structures without release, our explorations delve into the play of emerging and dissolving form. Via the body and its fluid intelligence, we shall be introduced to our essence which is non-personal and unitary. Free from assumptions and historical impositions, we become creativity in progress: always new, original, boundless, and unconditioned...truly present and alive.

No experience necessary. All experience welcome. Just come with a curiosity about a practice that increases vitality and creates ease of movement through a resonance with our bio-intelligence. For beginners, or for those who would like to have a deeper immersion with Continuum.

Why would you come to a Continuum Workshop?

- Self discovery and connection
- To feel stronger, more supple and alive
- To move, breathe, and sound with freedom and authenticity
- To reduce conditioned patterns that thwart your happiness, energy, and creativity

Cost: \$80.

To Register: Send full payment made payable to Rebecca Lawson, 912 Damascus Church Rd. Chapel Hill, NC 27516

Location: Evolving Therapies Studio, 912 Damascus Church Rd. Chapel Hill, NC 27516

For more information: Rlawsonh@aol.com, www.evolvingtherapies.com 919 932-7548

Name: _____

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Email: _____

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