

Befriending Self Care

A 5 Part Mini Series

Self-care! *We know we should be doing more of it, yet How? When? Where? Evolving Therapies has it all covered, so please take the first step and join us. We will discover together, each one of us, our bodies' unique needs...and meet them. We use Continuum breaths, sounds and fluid movements to explore playgrounds of sensation and physical expression. The objectives: ease, relaxation, support, and vitality.*

You will take home with you specific practices to cultivate in your daily life.

Cost: Individual Module \$40 or \$170 for all 5

Location: Evolving Therapies Studio

Time: 1 PM – 4 PM

Register: Rebecca.amislawson@gmail.com

“Continuum brings us to sensation without perception, to experience without thought. Like a quiet hush, the continuum dive breaks the fixed patterns, which block and restrict sensation. We sit with the fluid resonance that is awareness without reflection. In this state of consciousness we know presence.” Rebecca Lawson

January 10th: Centering, Home, Presence...One more Time.

What has been holding needs to be held. How do we cultivate a deeper relationship with gravity for support and expression? Experience it in the body and it will carry over. 3 hours of peaceful, relaxed, creative deep centering, and you will walk away with a new gait. Something will have changed and you won't be able to actually label it. But you will feel more at 'home' in your body and more present in the moment...here and now. Feeling at home would be great...wouldn't it?

February 7th: Breath Work.... Continuum Pranayama

Breath is a potent tool used in a myriad of ways to nourish and replenish our bodies, and to propagate the innate, self-healing creative process.

Conscious breathing is a very old practice. In this 3-hour time, you will discover fresh new ways of breathing you never dreamed possible. We will close our eyes and breathe: opening portals of embodiment, discovering new sensations, and subsequently feeling resourced. It is always amazing how filling and emptying our lungs in a defined manner can alter our state of consciousness and bring us to a more peaceful place...or heal us...or allow for creativity...or nourish our bodies...or enliven our spirits. Come play in a revolutionary practice of breathing and being breathed.

February 21st: Freeing the Shoulder and Neck

The goal: to bring space, fluidity, and freedom into the upper torso... alleviating rigidity, discomfort, and personal inhibition. Due to aging, stress, overuse, or injury, many suffer from stiffness and pain in the upper back and shoulders with related tightness in the neck, arms, and hands. A reduction in energy and personal expressiveness accompanies this obstructed dynamic. Through a primordial dance of movement possibilities beyond what our rational mind can design, we free our wings and take flight with ease.

March 28th: Opening the Psoas, Dissolving old Fear Patterns

The Psoas Muscle is the deepest core muscle and our primary fear reflex. Vital to our well being, it provides support for the organs and viscera. When the psoas is tight or short, it contributes to back pain, sciatic nerve problems, and reinforces fear patterns. Using a continuum approach, we will explore our relationship with the psoas in order to facilitate support and ease in our sitting, standing and moving experience

April 11th: Behind the Face, Dissolving the Mask of Presentation.

All the facial muscles, including the jaw, eyes, cheeks, forehead, mouth, and chin, carry redundant tension. Over time, a frozen quality emerges, and we feel quite vividly the burden of presentation and stasis. If there is a place in the body that needs hydration and relaxation, it's the face. The practices included in this workshop will be a daily resource for maintaining a living and expressive face...without pain.

Continuum

is about change which creates the opportunity for discovery, growth, and healing.

The vitality of the individual is in large part determined by the dynamics of the fluid system. Our tissue is mostly water and its well being is a function of the unblocked and unrestricted grace and flow of the overall fluid system. It appears that the normal challenges of everyday living result in compressed tissue. In order to function, we inadvertently maintain a fixed, often rigid structure that ultimately works against our overall health and well being.

Using sound, breath, and micro-movement, the continuum practice works to revitalize the fluid system and de-densify tissue. An "opening" occurs resulting in a renewed flow of energy that can allow the body to rediscover and experience healthy functioning. Energy is literally unleashed as our tissue is restored to a state of receptivity and readiness. There is a dissolve of "personal paralysis" as restricted, repetitive patterns are altered. The individual is subsequently more alive and ready to perceive and experience the moment with renewed interest, curiosity, and creativity.