

WOW CONTINUUM WOW



Photo: Tony Chong

Continuum is a unique somatic approach that acknowledges the primacy of the fluid system and the depth of healing that comes when we engage the fluids.

At the most intrinsic level of our being, like the ocean, we undulate, pulsate, arc and spiral. We are movement – the movement of water on land.

**Explore the
unexplored
within.**

WITH LINDA RABIN

In Continuum we stimulate our fluid being through a variety of breaths and vocalized sounds. We engage in micro and larger non-patterned fluid movements, and in different relationships to gravity. We practice slowing down and being present to our felt-sensations. A vast and unexpected complexity of movements emerge. We experience movement as what we are and not only as something we do.

How does this practice inform our engagement in dance and our everyday lives? When we slow down and pay attention to our fluid moving nature, we are practicing presence, being in the moment, adaptability, creativity and resonance – essential elements for the art of dance, if not for the art of living.

This practice is a refreshing resource that informs our personal, physical and relational life, our artistic activities and in general, our perception of the world in which we live. It can increase our capacity for easeful movement, reduce our experience of physical limitations and pain, awaken sensuality, spark our creativity and invigorate our overall health and well-being.

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WOW is an annual summer movement intensive.

It leaves you regenerated in an unusual way.

You are offered new things, and for those who already know them, a deepened understanding. WOW is immersive: a concentrated week of physical training and somatic studies with some of the most outstanding and experienced Artist Educators in Canada. Dive into WOW and feed your movement practice this summer. You won't regret it.

WAY OUT WEST Somatic Lab # 15

August 6, 7, 8, 9, 10, 2018

1130 Jervis

\$25/ Class; \$100 a day; \$450 for full 5 day Workshop.
Scholarships available

20% discount if you register before April 30th!

LINDA RABIN brings to Continuum 50 years of experience in the movement field.

A choreographer and dance teacher in her earlier professional life, co-founder of LADMMI (now known as Ecole de danse contemporaine de Montreal) she turned to somatic education in the 1990's to become a certified practitioner of Body Mind Centering®, and an authorized teacher of Continuum by founder Emilie Conrad. As an international Continuum workshop leader, Linda teaches in her native Montreal, in Canada and Europe. She shares her life's passion with people from all walks of life: movement both as art and healing, as a way of life knowledge and spiritual practice.

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