

EMBODIMENT AND THE CREATIVE PROCESS

TWO CONTINUUM

WORKSHOPS

18. July 18th

July 19th to 22nd 2019

mit Robin Becker, New York

zoe tanz
projects



July 18th: Introduction day to Continuum, in which the basic values, principles and practices will be shared. This is a requirement for all those new to the practice.

July 19th - 21st: Three-day workshop

Continuum offers a practice that supports a sense of vitality and restoration by finding the way where the body is modeling a creative process of renewal. In the practice of Continuum, we open ourselves to a universal language of biologically based movement incorporating breath and sounding practices to initiate personal movement explorations. Therewith our perceptual capacity will deepen our sensory awareness of the silent realm within and we gain the experience of moving from an underlying unity which unfolds mystery of life. The nature of the body becomes a resource we learn to trust as we reclaim our fluid potential. The benefit is usually one of profound restoration and renewal. Many who participate express the delight of finding a way through Continuum to offer self-care and a type of supportive bodywork to themselves. This practice is appropriate and safe for everyone at all movement levels. The program investigates how the evolving flow of the body informs and benefits all kinds movement practices, dance - and life itself.

Workshop Language: English

- Place:** zoEspaces, Elsässerstrasse 34, 4056 Basel
- Dates/Times:** Introday: July 18th 12:00 to 17:00
Workshop: July 19th to 20st: daily 10:00 to 17:00, July 21st 10:00 to 15:00
- Costs:** Introday: CHF 180.-
Workshop: CHF 450.- Both: CHF 550.- (Stud./AHV 10% discount on all prices)
- Registration:** sekretariat@zoe-tanz.ch
or via www.zoe-tanz.ch ->projects oder -> Kurse
- More Information:** sekretariat@zoe-tanz.ch oder zoeTanz 061 381 70 68