

EMBODIMENT AND THE CREATIVE PROCESS

TWO CONTINUUM WORKSHOPS

September 27th 2019

September 27th to 29th 2019

mit Robin Becker, New York

zoe tanz
projects



September 27th 2019: 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.

September 27th to 29th 2019: Three-day workshop offers the opportunity to deepen and expand one's practice of Continuum.

In the practice of Continuum, the body is understood to be a model of a creative process. We explore a universal language of biologically based movement incorporating breath and sounding practices to initiate personal movement explorations, that support the sense of increased vitality, greater energy and new possibilities. We expand our sensory awareness of the silent realm within us and gain the experience of moving from an underlying unity and unfolding 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.

KURSSPRACHE: ENGLISH MIT DEUTSCHER ÜBERSETZUNG

- Place:** zoEspaces, Elsässerstrasse 34, 4056 Basel
- Dates/Times:** Introday: Friday, September 27th: 10:00 to 13:00
Workshop: September 27th to 29th: Friday:: 15:00 to 18:00, Saturday 10:00 to 17:00
... Sunday 10:00 to 16.00
- Costs:** Introday: CHF 60.-
Workshop: CHF 450.- Both: CHF 500.- (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