

# Bathing the Bones

## an Introduction to Continuum Movement

### About Continuum

Continuum is a movement practice

Inspired by the fluid undulations of Haitian dance that enables us to move beyond our 'every day body' with its rigid and repetitive patterns of movement, and to open into our flowing, sensuous body.

Unlike movement practices that rely on fixed patterns or postures, Continuum invites us to explore our intrinsic nature as fluid and creative beings.

Through a rich variety of breath, sound and subtle movement explorations we will experience our capacity for free, flowing, non-constrained movement.

### Practicing Continuum:

- increases vitality, health and Wellbeing
- awakens creativity, innovation and play
- reduces physical limitations and expands movement possibilities
- facilitates trust in your inherent body wisdom
- provides a safe environment for growth and renewal



Art: Barbara Mindell

**When:**  
**Saturday August 23, 2-6 pm**  
**Location:**  
**The Railyard Performance Center**  
**Santa Fe, NM**  
**Cost:**  
**\$60.00 Sliding scale available**

### Instructor

Amber Gray is both a longtime practitioner of body centered arts and sciences (somatic psychology, Life Impressions Body-work, Dance movement therapy, energy medicine, cranio-sacral therapy, yoga, and shiatsu), and an advocate of human rights.

She is an authorized Continuum teacher, and a licensed mental health professional.

She has worked internationally and nationally as an activist, an artist, a mental health professional, a program director and a trainer/consultant on behalf of victims of human rights abuses for over twenty-FIVE years.

**Info & Registration:**  
Contact Amber at

**505-603-7021**  
[amber@ecentral.com](mailto:amber@ecentral.com)