old as we may seem, a mostly fluid constitution is our inheritance: much of our body is made up of water, just like a jellyfish. Free-floating in the ocean, the strength of a jellyfish’s liquid pulsations creates form, image, movement and beauty. The practice of Continuum, which derives from the earthy undulation of Haitian dance, recognizes our fluid origins and composition. Continuum suggests that movement is more than mechanical, functional or expressive; it is also sacred. It is not what we do, but who we are.

We are not a final product; we are a process. We are a species travelling an evolutionary pathway with unknown possibilities to innovate, adapt, complexify and change. Research suggests that movement is a potent way to grow the brain, which may be the pathway to a more evolved body with as of yet unimagined creative potential. This is where dance and Continuum meet.

When dance is based on repetitive movements by overly exerted muscles shaped in defined patterns, there is less opportunity for diversity and complexity. When we introduce the idea of fluidity, we amplify the “sound” of movement and create many more ways for a movement to express itself. Dancers shape and define movements with emotion, precision, artistry and other attributes that connect the dancer to the dance and to the audience through form. Our ability to draw up movement from internal reservoirs of dynamic fluidity, versus static repetition, offers dancers a way to increase the potency of their art.

Think of the use of ultrasound in physical therapy; the introduction of sound waves or frequencies to tissue changes the density of the tissue. Just as ultrasound can dissolve scar tissue, when we use breath-made-audible sound, inside our bodies, we can move you.

Sending the O into the muscles of the buttocks and thighs can increase muscular coherence, strengthening and grounding the quality and action of a plié. Sending it into the spine can support and enhance the lengthening elegance of a plié. Our body’s response to the sound is the echo of fluid in our tissue.

After practising this several times, rest a moment, and allow whatever micro-movements, pulsations or waves arise to move through you, and move you. Notice what’s new and novel, and what creative possibilities arise. This being moved is the essence of Continuum Movement.

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