

THE WAVE OF THE FUTURE

EMILIE CONRAD



8 Days Continuum Retreat with Emilie Conrad
Holbæk Fjord, Denmark 2012

THE WAVE OF THE FUTURE with Emilie Conrad

9th – 17th of September 2012

The workshop will be held in beautiful surroundings in Holbæk Fjord at Søminestationen, Dragerup Skovvej 10, 4300 Holbæk

The workshop is for experienced Continuum practitioners only.
Limited number of participants

Starting Sunday, September 9th at 5 o'clock in the afternoon.

Dinner at 6 o'clock, night session 7.30pm - 9.30pm

The workshop ends Monday, September 17th at 3 o'clock in the afternoon

Price: 14,500 DKK total, including food and accommodation

DKK 2,500 deposit to be paid before 9 June

Balance to be paid before 1 August

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This is an invitation to dwell in the gestating dark where the quiver of new life begins its stir. A field of vibrating resonance arises when at last we can embrace the slow tide of awakening existence undulating through our tissues. Our sensory system blossoms as our primary visual dominance no longer holds sway. A plethora of exquisite sensations accompanies us into a land of brilliant discovery as we awaken to new forms of living. Time will be spent in preparation for silent gestation where the markers of day/night... hours/minutes... cease to be relevant as we sink ever deeper into the whispering dark.

For over 44 years the inquiry of Continuum has been exploring the profundity of the fluid system within our bodies, planet and galaxy as one resonant stream of intelligence. Fluid molecules are a fundamental choreographer of our tissue structure and will determine the flow of information (nourishment) that is available to us. The universe communicates to us through resonate streams that are separate from utilitarian movements that carry us from here to there. These bio-cosmic movements undulate, spiral and pulsate, re-enacting through our bodies living processes not bound by time, space or condition.

The most emblematic of this universal choreography is the "Ouroboros", the serpent swallowing its tail. Continuum offers the "Ouroboros", as a fractal of the Embryonic Spiral in which all life processes are intrinsically and ongoingly engaged and can be realized through our own bodies. The Eternal Return is to enter with full consciousness the orbiting spiral of life as it leads us through the profundity of a continually emerging human.

Another version of the "Life Story" is the Garden of Eden, where the mid-line of our bodies is represented as "The Tree of Life," or the "Axis Mundi", the central theme of all existence rooted deep into the Earth's "sacrum" with branches reaching toward the Sky "brain". Adam and Eve standing on either side of the tree are the yin/yang energies inherent in all life forms. Another depiction of "Life Story," is the caduceus in which the yin/yang energies move through the tree's "mid-line" undulating their way toward the crowned sky. Each of these analogies brings us to the Theatre of Life taking place within each of us and is brought to fruition through a willingness to shed what has grown stale in order to usher in new life.

All practices of restoration follow a similar pattern. There is an incubator; a container, a uterus, an alchemical vessel or sarcophagus to maintain the precious ingredients as the spirals of re-newal are invoked. Our Continuum practice is to provide just such an environment in order to bring to birth this most sacred of practices.



Emilie Conrad, the founder of Continuum, lives in Los Angeles, California. She is considered a visionary, whose work is incorporated by an international audience of professionals from fields such as Roling, Zero Balancing, Hellerwork, CranioSacral, Osteopathy, Physical Therapy, Dance, Psychoneuroimmunology, and Physical Fitness.

Her love of movement inspired her to discover the essential, primary movements common to all life forms that lie beneath the influence of culture. These fundamental movements are a "cosmology" of life, where form is fluidly mutable, dissolving and shaping itself anew.

Emilie's most recent contribution is her revolutionary concept of "The Three Anatomies". Here she defines three distinct tissue structures as the cultural, primordial, and cosmic anatomies. Emilie tells us: "becoming aware of the primordial-cosmic flows of information can be instrumental in diffusing our cultural inhibitors, helping us to move beyond our stifling adaptive patterns, ultimately becoming a resource for health and creativity."

Emilie has been a featured teacher, lecturer, and Keynoter at many institutes, clinics and associations all over the US and she has led workshops throughout the US, Canada and Europe. She has received awards for Movement Teacher of the Year and for her work as a Somatics Pioneer.