



The Art of Continuum ~ Explorations in Sound & Movement

with Sabine Mead, RSME, Continuum Teacher

Porto, Portugal May 22-24, 2020

Continuum is an experiential process of self directed inquiry, combining movement, breath and sound. It is a potent practice that places the body as the central field of inquiry, specifically, the body as a moving, shifting, energetic landscape informed in the now moment. Continuum is a cumulative practice done in groups or alone. Movement is the guide into layers of becoming and belonging, an opening into eros and a pervasive sense of unity. The subtle use of sound, in synergy with fluid movement, creates an alchemy of sublime embodiment. With silence and stillness as container and counterpoint, integration, wholeness, empathy and spaciousness arrive as a new sense of self flows through. Over time, the journey of Continuum opens new ways of perceiving and invites one to slowly awaken to fuller dimensions of Being and Love.

This weekend workshop focuses on introducing and developing a personal Continuum practice. We will cover the elements and essentials as well as how to deepen and refine the practice.

- Friday 22 - 19h00 - 22h00 - introduction that can be attended separately from the workshop

Investment - 33€

- Saturday - 23 May - 12h00 - 19h00 / Sunday - 24 May - 10h00 - 17h00

Investment (22 - 24 May) - 270€

Early bird rate (22-24 May) - 233€ - ends at 29th February

Registrations will be considered only with the submission of this form and the money transfer to ~ Cristiana Rocha

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The workshop will be taught in english and is open and designed for everyone interested. Please bring comfortable and warm clothes.

Space is limited, so please sign up early to secure your spot.

If you have any questions, please contact cristianarocha74@gmail.com /968066920

