



# Unwind the Breathing Body Unwind Anxiety

The Relationship Between Breathing,  
Body, Anxiety & Continuum

Zoom Online with Robert Litman of  
The Breathable Body

Saturday and Sunday 9am-noon PT  
October 23 & 24, 2021

Both sessions will be recorded

The human form unfolds from birth into a world of shapes. Our mother's and father's arms, our homes, our beds, our cars, proximity to other people, nature, all invite a perceptual and physical shift as we adapt to and move through our surroundings. This adaptability makes evident our mutability and fluidity of form.

The geometry of the circle represents the potential for the fullness of being that allows love to flow.

The shape and movements of anxiety paralyze responses to life's opportunities.

You will discover how from our center of gravity - where our sacrum meets the last lumbar vertebrae - undulating circles radiate outward. The skeleton, a sacred geometric configuration not unlike a sunflower, is designed to maximize the potential of our form to open and flower into beauty.

Using the contemplative practice of Continuum Moving Inquiry which includes

the use of sound, breath and micromovements this class will offer ways to engage and participate with your curiosity of discovery in deepening your experience and access of the interior life of your body. Learning how to give the shape of anxiety a home in a fuller shape to ease its stressful sensations that produce unease.

The discoveries you make will give you the knowledge and skill to increase your fluidity for adaptability and joy in knowing how the human form can shape itself to belong everywhere - always.

**Participation fee is \$100.** Payable via PayPal, Venmo, Credit Card, check or Zelle.

**To register** please email Robert at [robert@thebreathablebody.com](mailto:robert@thebreathablebody.com).

**For more information:**  
[www.thebreathablebody.com](http://www.thebreathablebody.com)

**For more information on Continuum:**  
[www.continuumteachers.com](http://www.continuumteachers.com) and [www.wellspringsofcontinuum.com](http://www.wellspringsofcontinuum.com)