



Soul of Continuum  
Apprenticeship 2023-2024

### SOUL OF CONTINUUM APPRENTICESHIP PROGRAM OVERVIEW

Our journey consists of:

- An initial online gathering with all three guides prior to the first phase with Beth
- Monthly meetings ONLINE for 18 months.
- Deepening of basic principles, philosophy, and vision of Continuum.
- Focusing on developing an intimacy with the ways Continuum approaches breath, sound, and movement.
- Guidelines to develop your personal inquiry, following sensation as a guide and as an entry point to the fluid dynamics of life itself.
- Each month will include a deep exploration of the material presented.
- Developing the ability to language your experience when sharing and expressing your discoveries.

### COST

This is a 4-part program designed to offer a range of teaching styles and applications.

The entire investment is \$2700.00 and includes:

- **Initial Online Weekend Gathering -**  
*January 7 & 8, 2023 - 10 am - 1 pm (PT)*
- **Phase 1:** 6 monthly meetings with Beth - \$900
- **Phase 2:** 6 monthly meetings with Marcella - \$900

- **Phase 3:** 6 monthly meetings with Marilyn – \$900

#### **Fee Structure:**

**To reserve your place please submit a non-refundable deposit of \$250 here:**

<https://paypal.me/TheMovingWell/250>

**The Phase 1 payment of \$800 (which includes the \$100 credit from your participation in the Moving Inquiry Course) is due no later than December 7<sup>th</sup> 2022.**

**You can also simply submit YOUR FULL PHASE 1 Payment here:**

<https://app.acuityscheduling.com/schedule.php?appointmentType=8054482&owner=15437088>

**You will receive an invoice one month prior to each of the other Phases.**

- **At the end of the 18 months, we will hold an online graduation celebration and you will receive a certificate of completion.**
- ***A live residential retreat is required for graduation and is additional to the cost of the program. The next live retreat will be at Mt Madonna Center in late 2023 or early 2024.***

#### **2023 Soul of Continuum Apprenticeship Program Structure**

**The program launches with an Initiatory Group Gathering**

***January 7 & 8, 2023: 10 am - 1 pm each day (Pacific Time)***

#### **Phase 1 with Beth: 6 - month Apprenticeship Program Structure:**

##### **Included:**

- 5 monthly zoom meetings with your cohort
- Guidelines and support for setting up your practice group
- Homework assignments (reading and writing)
- Creation of your personal manual of movements, breaths and sounds
- Discussions
- Group practices
- A support group to maintain your engagement in teaching going forward

##### **Content:**

- Definitions of Continuum Practices, Protocols and Terms
- Fluid Anatomy
- Breaths/Sounds defined

- How to structure a dive
- The Three Anatomies of Continuum

### *January 2023 - Schedule*

Group Meetings on Zoom: *All Sunday meetings go from 9:30 am – noon Pacific Time*

Sunday, January 29th, 9:30 – noon (PT)

Sunday, February 26th, 9:30 - noon (PT)

Sunday, March 26th, 9:30 – noon (PT)

Sunday, April 23<sup>rd</sup>, 9:30 - noon (PT)

May 2023 ~ Individual sessions

Sunday, June 25<sup>th</sup>, 9:30 – noon (PT) - Final Meeting with Beth

### *Phase 2 with Marcella: 6 - month Apprenticeship Program Dates:*

Group Meetings on Zoom: *All Sunday meetings go from 9:30 am – noon Pacific Time*

July 2023 - Individual sessions with Marcella

Sunday August 20<sup>th</sup>, 9:30 – noon (PT)

Sunday September 17, 9:30 – noon (PT)

Sunday, October 22, 9:30 - noon( PT)

Sunday, November 19, 9:30 – noon (PT)

Sunday, December 17, 9:30 – noon (PT) - Final meeting with Marcella

### *Phase 3 with Marilyn: 6 - month Apprenticeship Program Dates:*

Group Meetings on Zoom: *All Sunday meetings go from 9:30 am – noon Pacific Time*

January 2024~ Individual sessions

Monthly Sunday meetings w dates TBD

June, 2024 ~ Graduation: Date TBD

**PS What others are Saying:**

*"I am so grateful for the opportunity to participate in the apprenticeship program. It was the perfect environment to deepen my practice and begin sharing Continuum with friends and family. I learned so much in these 6 short months, and I am left with excitement to continue diving, exploring, and sharing. Beth holds the group with love, allowing each of us to unfold at our own pace. She inspired me, instilled confidence in me and helped me overcome my fears. I still can't believe I taught a class to my friends. It was a joy to share this experience with 4 other apprentices, to hear each other's stories and witness each other's process. I would sign up for another apprenticeship in a heartbeat" .*

*Lisa Y., San Jose CA*

*I can't tell you how grateful I am to have found you and Continuum. These past 6 months through the mentorship with you have been such a fluid blessing in so many ways. A time filled with love, exploration, inspiration, gracious guidance and support and wisdom of the teachings of Continuum and the guidance to help me share this beautiful fluid practice. Thank you for all your love and support during my "time of awakening". So grateful to have your guidance on assisting my body through the process.*  
~ Trini S., Johnson City, TN

*The Soul of Continuum was a nurturing, safe and intimate space to explore somatic and fluid movement. It was refreshing to share time monthly with other apprentices with similar interests... to drop into a different language and practice than what's required of us in our day-to-day lives. Beth's guidance was illuminating, grounding and encouraging. The richness of knowledge that comes from learning different sounds, movements and anatomies is invaluable, and the opportunity to spread this work to others is an important form of activism. I highly recommend this apprenticeship to anyone looking to dive deeper into themselves, to explore their own fluidity, and to develop the resilience needed to tap into these parts of ourselves when we're under the pressure and demands of everyday life.*

*~ Mara W., Santa Cruz, CA*

*This apprenticeship program has opened a door I have longed for over many years. By joining you and the others I've devoted myself to a practice I only dreamt of up until now. It took you, and my dedication to the program, to shift me from longing into belonging. I am now one of the many Continuum practitioners around the world living this dream. ~ Janet L., Ashland Or*