

Continuum Movement Arts presents:



The Continuum Movement Immersion Honoring the Legacy of Emilie Conrad

July 3 – 8, 2016

Omega Institute, Rhinebeck, NY



A beloved teacher at Omega for more than 25 years before her passing in 2014, Emilie Conrad was a celebrated dancer, somatic pioneer and visionary. Known for her radical vision of human possibilities and her groundbreaking work with spinal cord injuries, Conrad founded Continuum Movement as an expression of fluid movement and an ongoing inquiry process of the human experience.

The principles of Continuum Movement are now incorporated by an international audience of professionals in fields such as physical therapy, trauma recovery, dance, yoga, therapeutic massage, psychoneuroimmunology, craniosacral therapy, Rolfing, and physical fitness.

This week, we honor, explore, and celebrate the scope and vitality of Conrad's contributions to artistic expression, the healing arts, and somatic movement education. Guided by teachers personally trained and authorized by Conrad, we immerse ourselves in five days of experiential Continuum sessions.

Incorporating breath, sound, and fluid movement, participatory sessions focus on essential aspects of Continuum—cultivating fluidity and whole body sensing, and developing open attentive awareness. We also explore Continuum Movement applications to many fields.

Daily sessions are designed to introduce or engage participants at all levels of experience to the practice and concepts of Conrad's work. Continuum-inspired evening events include an art exhibit, a dance and poetry performance, video screenings, a presentation on the development of Continuum, a roundtable discussion of the role of somatic embodiment, and a gathering to share Continuum and Emilie Conrad stories.

We return home with new friends, new understanding, and inspiring new ways to embody movement and self-expression.

Hosted by Elaine Colandrea of
**Continuum
Movement Arts**
at The Omega Institute

Rhinebeck, NY

Co-taught with teachers

Mary Abrams

Ellen Cohen

Bobbie Ellis

Rebecca Lawson

Melanie Noblit Gambino

Linda Rabin

Registration: www.eomega.org
info@continuummovementarts.org

Contributing teachers include Priscilla Auchincloss, Megan Bathory-Peeler, Robin Becker, Kathy Benners, Beth Pettengill Riley, Frank Carbone, Bonnie Gintis, Amber Elizabeth Gray, Caryn Heilman, Ashima Kahrs, Bonnie Simoa and Suzanne Wright Crain.

Top photo by Lauren Devon
Emilie portrait by Jamie McHugh