



CONTINUUM MOVEMENT

ÉMILIE CONRAD — SUSAN HARPER

CONTINUUM MOVEMENT...

An Overview

Continuum is a unique field of movement education. Its inquiry opens a world of profound human potential. We discover that movement is what we are as well as something we do.

Having recognized the inherent wisdom in our bodies which transcends cultural interpretations, Emilie Conrad founded Continuum in 1967. Susan Harper joined her in 1975 and became a partner contributing to the development of Continuum. They are exploring what is still undiscovered within the human being.

In Continuum, we see ourselves as dynamically engaged with an underlying creative flux. The body is an ongoing fertile field, containing within itself its own mysterious future. This insight gives us the ability to complexify, elaborate and nourish ourselves beyond our present models. We become adaptable, mutable and innovative.

Having been structured by billions of years of life forms that were shaped by the sea, our oceanic origins exist in our fluid and cellular systems. Our spines, organs, bones and muscles are linked to the swell of life in an ongoing liquid exchange.

All aspects of our somatic intelligence, including the very shaping of our society, are explored as movement. We are taken to the frontiers of possibility through the expansion of our creativity, innovation, health and well-being.

Continuum is an invaluable source for professionals in the healing and therapeutic arts as well as somatic practitioners, psychotherapists, fitness trainers, dancers and anyone interested in the creative process.



In a **CONTINUUM MOVEMENT** *Workshop*

We begin by offering an overview discourse to create a context of meaning to inspire your movement explorations. Through instructions and demonstrations you will be guided into a variety of movement and breath/sound experiments.

By increasing the dexterity of breath and complexifying wave motions, we bring mobility to static states. Undulating, biologically-based movements provide an environment where we can innovate. In ways that linear, mechanical movements rarely do, organismic movements integrate and inform us.

We develop neurological and physiological complexity through interaction and participation.

Experimenting with non-patterned, asymmetrical movement stimulates innovative growth and vibrancy. We discover in movement the center is everywhere.

We have within us a Continuum of a primordial intelligence that gives us the ability to dissolve, re-form and heal.

In a **CONTINUUM MOVEMENT** Workshop

BREATH/SOUND

Movement is related to the mobility of breath. Variations in breath disrupt habitual patterns. Our resiliency and adaptability connect directly to versatility of breath.

Engaging a repertoire of breath and sounds stimulates a spectrum of internal sensations and movements. Breath becomes an aesthetic flow resonating through connective tissue, spinal fluid and skeletal structure.

SENSATION

Vivid palettes of sensation provide more choices in our responsiveness. Elaborating our “felt sense” of sensation is a rich resource for healing and self-emergence.

MICROMOVEMENTS

Micromovements are neural messengers felt as tiny pulsations. They bring electrical conductivity and complex stimulation to atrophied and healthy tissue. Micromovements invigorate and nourish nerve fiber and contribute to the development of new neural pathways.

WAVE MOTION

Cellularly inspired movements curve, arc, spiral and undulate. When we engage the organic fluid systems, we tap the essence of flexibility, fluidity and wholeness.

LOVE'S BODY

Softened by the play of breath, we invoke rippling waves into our torso, pelvis and limbs. These oceanic undulations can be experienced as a kind of love. As we dwell in this atmospheric substance, defensiveness can melt, guiding, softening, dissolving and resurrecting us. We become more resonant, open and capable of communion with all life.

EMILIE CONRAD is the original founder of Continuum. She is a visionary whose work is being incorporated by a diverse audience of professionals from fields such as Rolfing, physical therapy, dance, kinesiology, psychoneuroimmunology, and physical fitness.

She was born and raised in New York City where she studied ballet and primitive dance. Her early influences were Sevilla Fort, Katherine Dunham, and Pearl Primus. She spent five years as a choreographer with a folklore company in Haiti furthering her interest in primitive dance.

Her love for primitive movement helped her to discover the essential, primary movements common to all life forms that lie beneath cultural influence. These primary movements are a “cosmology” of life, where form is resilient, dissolves, and shapes itself anew.



Emilie is interested in our biological legacy as an unfolding of our “humanness;” not as creatures upright and apart, but belonging to the swell of life in which all life forms are in a subtle biomorphic “play.” In 1967, Emilie began teaching this primary movement process, calling it Continuum.

EMILIE CONRAD

From 1974 to 1979, Emilie was the movement specialist in a research study conducted by Dr. Valerie Hunt at UCLA. This ground breaking study demonstrated that fluid, primary movement is essential in our ability to innovate new neural pathways. This movement has a potential to create a complex intrinsic environment that can affect disease processes as well as mediate aging. In 1974, she began developing a pioneering protocol for spinal cord injury.

Emilie’s capacity for innovation has become a revolutionary influence in the field of Somatics, movement education, and physical fitness. She has originated the Jungle Gym, a dynamic workout which strengthens by developing diverse muscular and skeletal relationships by multiple angles in gravity.

PHOTO : CYNTHIA JOHNSON-BIANCHETTA

SUSAN HARPER, co-founder of Continuum teaches internationally. Her enthusiasm for the inquiry into life's mysteries has involved her in Continuum since 1975.

Susan is developing a new branch of Continuum Exploratorium called Em'oceans and Sensation and Dreamtime Gatherings. These trainings open unique states of perception, sensation, and feelings. We explore the ways we make meaning and the heart of relatedness.

She offers Quest trips in the wilderness and Asia. Quest trips are for celebrating what is still wild, inside and out.

SUSAN HARPER

She believes we can develop our movement complexity and our higher brain's capacity for participating in the unknown. In refining subtle wave motions, we resonate with the underlying wave-fields which give rise to our world. By participating in previously unknown and unpatterned movements, we can actualize new frequencies of potential.

Susan Harper is passionate about facilitating the uniqueness of each person's creative process. She supports immersion into the depths and emergence - "coming into being."

PHOTO : CYNTHIA JOHNSON-BIANCHETTA

Understanding the tremendous resource of movement and organismic intelligence is essential to all her experiments.

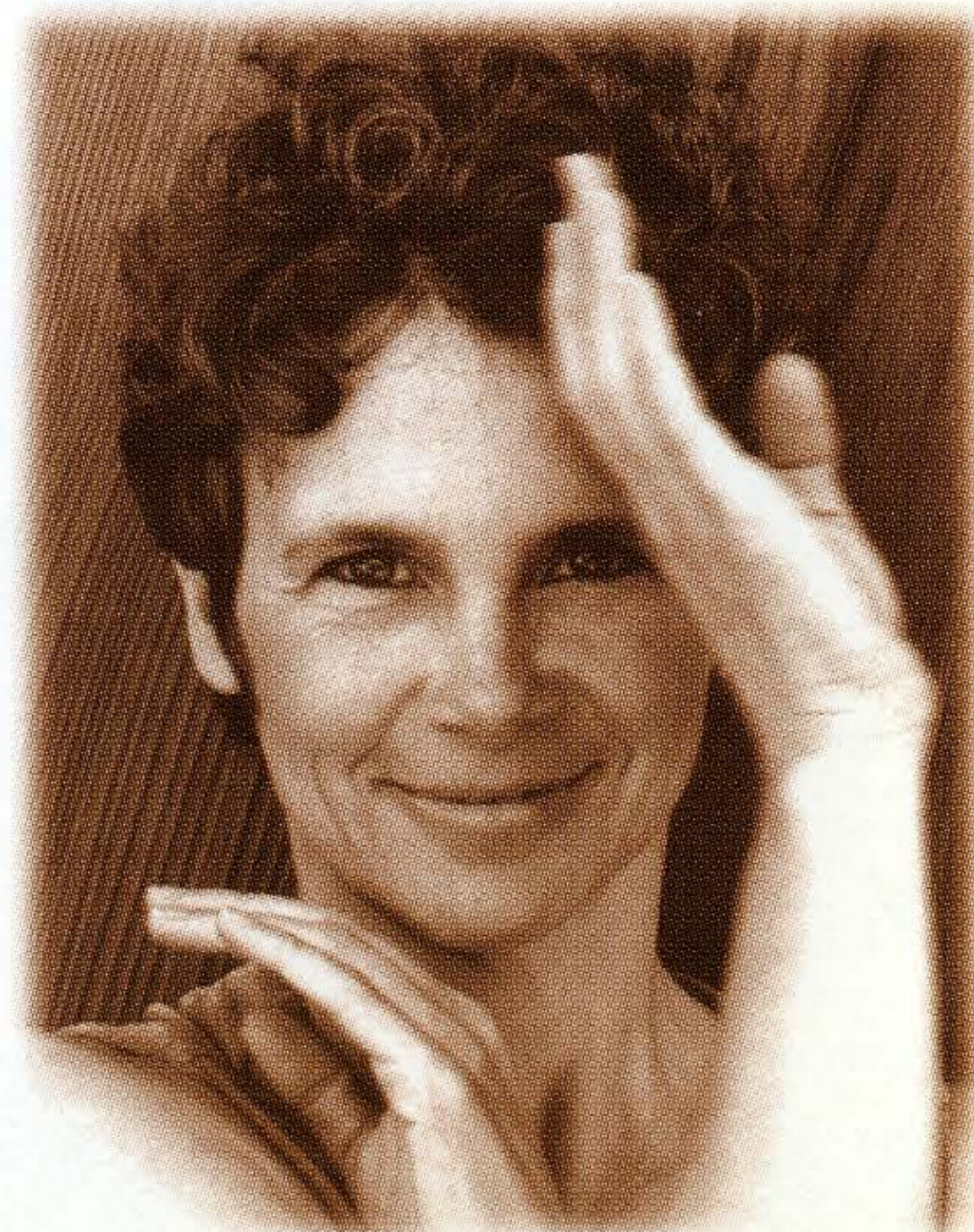
Susan refines one's ability to sense at a silent level. In our culture, this is a powerful, undeveloped and undervalued way of perceiving.

In addition to Emilie, Susan acknowledges the influence of Chris Price - Gestalt Awareness Practice, Gary David - Epistemics, Wendy Palmer - Aikido/Intuitive Body, Anne Isaacs - Bodydynamics, Peter Levine - Somatic Experiencing and Hubert Goddard; in her work.

"From extraordinary articulations of the neck and spine down to softly curling toes,

Susan found the movement possibilities of the human body a focus of wonder."

LEWIS SEGAL, *L.A. Times* reviewer



TO RECEIVE CONTINUUM MAILINGS

CONTINUUM
1629 18TH STREET, #7
SANTA MONICA, CA 90404
OFFICE (310) 453-4402
FAX (310) 453-8775

E-mail: office@continuumstudio.com

For current schedule, course descriptions, directory of teachers and products, visit our website at www.ContinuumMovement.com

A CONTINUUM EXPLORATORIUM BROCHURE, WHICH INCLUDES THE YEARLY SCHEDULE, WORKSHOP DETAILS AND A DIRECTORY OF LICENSED CONTINUUM MOVEMENT AND JUNGLE GYM TEACHERS IS AVAILABLE UPON REQUEST.

EXTRA CONTINUUM EXPLORATORIUM
AND CONTINUUM MOVEMENT BROCHURES
AVAILABLE UPON REQUEST

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Cynthia Johnson-Bianchetta, Craig Klein, Dion Ogust, and Ron Peterson

ORIGINAL SPINE PAINTING
Barbara Mindell

PHOTO COLLAGE & GRAPHICS
Heidi Frieder/Arthead

LAYOUT DESIGN
Heidi Frieder, Susan Harper and Kaiopa Stage

TO RESERVE SPACE IN A RETREAT

SEND A DEPOSIT OF \$100 PAYABLE TO:

CONTINUUM
1629 18TH STREET, #7
SANTA MONICA, CA 90404

Send a separate deposit check for each retreat.
Include which retreat, what kind of accommodations,
and the name, address and phone number
for each person reserving space. Reserve early.

Upon receipt of your deposit, we'll send
further details, payment schedule and
travel information. The remaining balance
is due one month before the workshop.

CANCELLATION & REFUND POLICY

All payments are non-refundable one month
prior to the retreat. There is a \$50
processing fee for transfer and cancellations
before the one month deadline.

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OFFICE (310) 453-4402
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For current schedule, course descriptions and products,
visit our website at
www.ContinuumMovement.com

A DESCRIPTIVE CONTINUUM MOVEMENT BROCHURE
AND EXTRA 2000 BROCHURES AVAILABLE UPON REQUEST

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LAYOUT DESIGN
*Heidi Frieder, Susan Harper
and Kaiopa Stage*

COORDINATION
Kaiopa Stage



CONTINUUM EXPLORATORIUM
2000

EMILIE CONRAD - SUSAN HARPER

CONTINUUM EXPLORATORIUM

is the “umbrella” name for Continuum Movement and all of its branches being developed by Emilie Conrad and Susan Harper and their collaborators.

In the center of this brochure there is a Schedule at a Glance, which lists the workshops described in this brochure in date order.

“CONTINUUM MOVEMENT”

continually being developed by Emilie Conrad and Susan Harper, provides the main body of work and is at the “heart” of Continuum Exploratorium, which now includes multiple arteries.

THE FOLLOWING WORKSHOPS FIT IN THIS CATEGORY:

Continuum Movement Workshops	(pg 5 & 8)
Continuum Movement Retreats	(pg 4 & 5)
Movement at the Edge Retreat	(pg 4)
Continuum Movement Depths Retreat	(pg 4)
Awakening Love’s Body	(pg 6)
Poetry in Motion Workshop	(pg 6)

“CONTINUUM SOMATIC EDUCATION”

being developed by Emilie Conrad and various collaborators, focuses on health, neuromuscular innovation and complexifying the movement of the CranioSacral system.

THE FOLLOWING WORKSHOPS FIT IN THIS CATEGORY:

Mutability of Form Retreat	(pg 7)
Body in Question	(pg 7)
Continuum and the Healing Process	(pg 7)
Future of the Body Retreat	(pg 10)
Layered Resonance Retreat	(pg 10)

“EMILIE CONRAD’S JUNGLE GYM MOVEMENT”

is an inventive form of exercise that provides an exciting mosaic of strengthening approaches to fitness. Moving with diverse angles to gravity develops complex muscular relationships.

THE FOLLOWING WORKSHOP FITS IN THIS CATEGORY:

Jungle Gym Frontiers Retreat	(pg 13)
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SUSAN HARPER’S “EM’OCEANS & SENSATIONS & DREAMTIME GATHERING TRAININGS”

provide skills of tracking sensations, emotions, nervous system activities, the ways we make meaning and transformative processes through images, dreams, and living ritual for creative unfolding.

THE FOLLOWING WORKSHOPS FIT IN THIS CATEGORY:

Em’oceans & Sensations Training Level 1	(pg 11)
Em’oceans & Sensations Training Level 2	
Dreamtime Wilderness Gathering	(pg 12)
Dreamtime Gathering	

CONTINUUM “QUEST TRIPS”

in wilderness and Asia celebrate what is still “wild” inside and out.

THE FOLLOWING WORKSHOPS FIT IN THIS CATEGORY:

Balinese Quest	(pg 12)
India Quest	(pg 12)
Continuum Wilderness Awareness	(pg 12)

“CONTINUUM MOVEMENT TEACHER TRAINING”

is for those with extensive experience (500 hours) of workshops with both Emilie Conrad and Susan Harper. We are now licensing Continuum Movement teachers who are teaching nationally and internationally. A Teacher Training Policy is available upon request.

A Teacher Directory for our licensed Continuum Movement and Jungle Gym Teachers and their worldwide workshops are on pages 13-15. Local class schedules will be continually updated on our new website.

www.ContinuumMovement.com

CONTINUUM STUDIO CLASSES IN SANTA MONICA

Continuum Movement and Emilie Conrad’s Jungle Gym classes are held regularly at our Santa Monica studio. If you will be in LA for a workshop, come take a class. There are discounted rates for classes when combined with a workshop.

Call for our Continuum Studio flyer if it is not included with this brochure.

Support for this project is provided in part by the 18th Street Arts Complex of Santa Monica.

CONTINUUM MOVEMENT - RETREATS

**THE RESIDENTIAL RETREATS ARE THE MOST CONCENTRATED
CONTEXT FOR EXPERIENCING WHAT CONTINUUM PROVIDES.**

May 21-26 CONTINUUM MOVEMENT RETREAT

Emilie Conrad Esalen Institute, Big Sur, CA

Experience required. Contact Continuum (310) 453-4402.

e-mail: office@continuumstudio.com Website: www.esalen.org

June 15-20 CONTINUUM MOVEMENT AT THE EDGE RETREAT

Emilie Conrad Santa Fe, NM

Experience required. Contact Jean Hopkins (505) 256-7636.

e-mail: jhopkins@swcp.com

June 25-30 CONTINUUM MOVEMENT RETREAT

Emilie Conrad Kripalu, Lennox, MA

Contact Kripalu (800) 741-7353. e-mail on Website: www.kripalu.org

July 26-August 2 CONTINUUM MOVEMENT RETREAT

Emilie Conrad Sychelt Island, BC Canada

Contact Lale Doetsch (604) 986-2789. e-mail: canlink@istar.ca

August 9-16 CONTINUUM MOVEMENT DEPTHS RETREAT

Emilie Conrad and Susan Harper Holy Spirit, Encino, CA

The Depths retreat is for experienced Continuum participants who can hold the field of silent spaces. This retreat includes two days and nights of silence, where in solitude and in communion, the theatre of life unfolds in all of its mutability. From the silent level, our underlying "dance" emerges as a multi-textured palette of expression.

Tuition, meals, lodging for seven nights:
Commuter without meals - \$775,
Commuter with meals - \$1010, Triple - \$1110, Double - \$1180, Private - \$1255.
The retreat begins with a 5:30pm dinner, a 7pm session on August 9 and ends after lunch at 1pm on August 16th.
Contact: Continuum (310) 453-4402
e-mail: office@continuumstudio.com

August 28-September 1 CONTINUUM MOVEMENT RETREAT

Emilie Conrad Omega Institute, Rhinebeck, NY

Contact Omega (800) 944-1001.

e-mail: orders@omega-inst.org Website: www.omega-inst.org

CONTINUUM MOVEMENT OVERSEAS RETREATS AND WORKSHOPS

April 7-8 • April 9-12 CONTINUUM WORKSHOP & RETREAT

Susan Harper Osaka & Mt. Koya, Japan

Introductory workshop in Osaka and a four day retreat at Mt. Koya. Japanese translation.

Contact Yoshitaka Koda, 4-36-6204 Nogata Nakano-ku, Tokyo, 165-0027 Japan
Tokyo Phone 81-3-3228-7331
Osaka Phone 81-6-6703-6183.
e-mail: okokoda@tkf.att.ne.jp

April 15-21 CONTINUUM MOVEMENT WORKSHOP

Emilie Conrad Munich, Germany

Deepen into the adventurous explorations of Continuum at a rare, week-long intensive with founder, Emilie Conrad. German translation.

Contact Zist, Zist 3
D-82377 Penzberg, Germany
Phone 49-8856-5192
Fax 49-8856-83180.

May 18-24 CONTINUUM MOVEMENT RETREAT

Susan Harper near Helsinki, Finland

A week-long depths retreat including an "allnighter." Finnish translation.

Contact Tuula Niemelä
Hommaksenrinne 15, 02440 Luoma, Finland
Phone 358-9-2975-016 Fax 358-9-2217-296.
e-mail: tuula.niemela@saunalahti.fi

May 27-28 CONTINUUM MOVEMENT WORKSHOP

Susan Harper Bern, Switzerland

October 18-22 CONTINUUM MOVEMENT RETREAT

Susan Harper Northern Italy

An introductory weekend in Bern in May. A four and a half day retreat in Northern Italy in October. German translation.

Contact Catherine Kocher, Gubelhöhe 7
CH-8630, Rüti, Switzerland
Phone 41-55-240-1867.
e-mail: catherinek@dplanet.ch

July 28-August 3 CONTINUUM MOVEMENT RETREAT

Susan Harper Zist Penzberg, Germany

A week-long depths retreat including an "allnighter" with a Dreamtime flavor. German translation.

Contact Zist, Zist 3
D-82377 Penzberg, Germany
Phone 49-8856-5192
Fax 49-8856-83180.

March 10-12 AWAKENING LOVE'S BODY

Emilie Conrad and Dr. Jaquelyn McCandless Santa Monica, CA

Since 1974, Jaquelyn and Emilie have been collaborating to enrich and revitalize our culture's limited images of the sexually mature woman. They see a woman's body as an ongoing erotic adventure with a fertile and wondrous capacity to become more sensual, alive and healthier with each passing year. There will be in-depth learning about anti-aging nutrients, transformative exercises for bone and pelvic health, and the latest data about restorative hormones. They will use council process, movement, meditation, active dreaming and collective re-envisioning to empower our innate feminine wisdom.

Dr. McCandless, a psychiatrist and visionary aging specialist, is certified by the American Board of Psychiatry and Neurology.

July 14-19 POETRY IN MOTION

Emilie Conrad and Rebecca Mark Santa Monica, CA

Together we enter the silence of movement and discover the mystery of language arising from breath. Words spill upon the page as messengers creating an alchemy of gesture, movement, and shape - a brew of the fertile unseen. We move; we write; we listen; we watch; we dream ... a theatre of life is at hand. Elaborating our ability to communicate illuminates each moment with scope and meaning. Continuum experience required.

Rebecca Mark is a poet, performer and professor at Tulane University. She has been teaching writing, performance and storytelling for twenty years.

*Softened by the play of breath,
we dwell in an atmosphere of love.*

Tuition: \$375.
Contact Continuum
(310) 453-4402.
e-mail:
office@continuumstudio.com

May 12-18 MUTABILITY OF FORM RETREAT

Emilie Conrad and Bonnie Gintis Holy Spirit, Encino, CA

Dynamic mutability spans the range of all possibilities. Change ceaselessly accompanies our breath as a doorway to healing. As living beings, we are not meant to be held static within any particular form, shape, alignment or movement pattern. This retreat includes movement, film, slides, video presentation and an "allnighter." Continuum experience required.

Tuition, meals, lodging for six nights:
Commuter rate without meals - \$815,
Commuter with meals - \$1015, Triple - \$1100, Double-\$1165, Private-\$1230.
The retreat begins with a 5:30pm dinner, a 7pm session on May 12 and ends after lunch at 1pm on May 18.
Contact Continuum (310) 453-4402.
e-mail: office@continuumstudio.com

Bonnie Gintis, Osteopathic Physician and Teacher, explores the common ground shared by Osteopathy and Continuum Movement.

June 9-11, Sept 15-17, Dec 8-10 BODY IN QUESTION

Emilie Conrad with Robert Litman Berkeley, CA

This is a year-long, in-depth workshop presented in 3 modules. Exploring how our biomorphic origins liberate us from time, space and condition permits us to relate more directly with intelligent life processes outside of our cultural biases. This capacity, coupled with motifs of scientific discovery, gives us the possibility of creating new descriptions of life on Earth and our place in it.

Continuum
experience required.
Tuition: \$975.
Contact Continuum
(310) 453-4402.
e-mail: office@
continuumstudio.com

Robert Litman will be contributing his expertise on cells, anatomy and fluid systems as well as inspiring video.

October 13-19 CONTINUUM AND THE HEALING PROCESS: INTEGRATION OF CONTINUUM & THE CRANIOSACRAL SYSTEM

Emilie Conrad and Suzanne Scurlock-Durana Wash. D.C. area

During the first 3 days Emilie teaches Continuum emphasizing the primary movement of the cerebrospinal system. Suzanne joins Emilie for the last 4 days for an integration of hands-on healing and an exploration of the complexity of the CranioSacral membrane system and the process of Continuum. Amplifying this complexity provides the opportunity for a biological leap within the healing process.

Contact
Suzanne Scurlock-Durana
(703) 620-4509.
e-mail:
sscurlockD@erols.com

Suzanne Scurlock-Durana is a senior instructor of CranioSacral Therapy and SomatoEmotionalRelease with the Upledger Institute.

2000 CONTINUUM WORKSHOPS AND RETREATS AT A GLANCE

DATE	NAME	TEACHER	LOCATION	CONTACT
Jan 29-30	Continuum Movement Workshop	Susan Harper	San Francisco, CA	Ursula Sequoia (415) 221-5264
Feb 3-8	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	Santa Monica, CA	Continuum (310) 453-4402
Mar 10-12	Awakening Love's Body Workshop, (pg 6)	Emilie Conrad / Jaquelyn McCandless	Santa Monica, CA	Continuum (310) 453-4402
Mar 16-21	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	Vancouver, B.C. Canada	Doris Maranda (604) 947-0147
Mar 24-26	Continuum Movement Workshop	Susan Harper	Seattle, WA	Doris Mosler (206) 782-0120
Apr 7-8	Continuum Movement Workshop, (pg 5)	Susan Harper	Osaka, Japan	Yoshitaka Koda 81-6-6703-6183
Apr 9-12	Continuum Movement Retreat, (pg 5)	Susan Harper	Mt. Koya, Japan	Yoshitaka Koda 81-3-3228-7331
Apr 14-30	Balinese Quest, (pg 12)	Susan Harper	Bali, Indonesia	Continuum (310) 453-4402
Apr 15-21	Continuum Movement Workshop, (pg 5)	Emilie Conrad	Munich, Germany	Zist 49-8856-5192
May 6-10	Continuum Movement Workshop	Emilie Conrad	Boston, MA	David Weiss (617) 277-7547
May 4-11	Dreamtime Wilderness Gathering, (pg 12)	Susan Harper / Stephanie Franz-Rivera	Santa Monica, CA	Continuum (310) 453-4402
May 12-18	Mutability of Form Retreat, (pg 7)	Emilie Conrad / Bonnie Gintis	Holy Spirit, Encino, CA	Continuum (310) 453-4402
May 18-24	Continuum Movement Retreat, (pg 5)	Susan Harper	near Helsinki, Finland	Tuula Niemelä 358-9-2975-016
May 21-26	Continuum Movement Retreat, (pg 4)	Emilie Conrad	Esalen, Big Sur, CA	Continuum (310) 453-4402
May 27-28	Continuum Movement Workshop, (pg 5)	Susan Harper	Bern, Switzerland	Catherine Kocher 41-55-240-1867
June 9-11	Body In Question Workshop, Part 1, (pg 7)	Emilie Conrad with Robert Litman	Berkeley, CA	Continuum (310) 453-4402
June 7-8	Continuum Movement Workshop	Susan Harper	Berkeley, CA	USABP (877) 217-7979
June 11-16	Continuum Wilderness Awareness, (pg 12)	Susan Harper / Steven Harper	Big Sur, CA	Esalen Institute (831) 667-3000
June 15-20	Movement at the Edge Retreat, (pg 4)	Emilie Conrad	Santa Fe, NM	Jean Hopkins (505) 256-7636
June 25-30	Continuum Movement Retreat, (pg 4)	Emilie Conrad	Kripalu, Lennox, MA	Kripalu (800) 741-7353
June 27-July 3	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	Ashland, New Hampshire	Kevin Frank (603) 968-9585
July 5-10	Dreamtime Gathering, (pg 12)	Susan Harper	Ashland, New Hampshire	Kevin Frank (603) 968-9585
July 7-11	Continuum Movement Workshop	Emilie Conrad	Philadelphia, PA	Paula Michal-Johnson (610) 828-3708
July 12-17	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	Toronto, Canada	Kim Brodey (416) 690-8470
July 14-19	Poetry in Motion Workshop, (pg 6)	Emilie Conrad / Rebecca Mark	Santa Monica, CA	Continuum (310) 453-4402
July 26-Aug 2	Continuum Movement Retreat, (pg 4)	Emilie Conrad	Vancouver, B.C. Canada	Lale Doetsch (604) 986-2789
July 28-Aug 3	Continuum Movement Retreat, (pg 5)	Susan Harper	Penzberg, Germany	Zist 49-8856-5192
Aug 9-16	Continuum Depths Retreat, (pg 4)	Emilie Conrad / Susan Harper	Holy Spirit, Encino, CA	Continuum (310) 453-4402
Aug 25-27	Continuum Movement Workshop	Emilie Conrad	Rowe, MA	Shantigar (413) 339-4332
Aug 28-Sept 1	Continuum Movement Retreat, (pg 4)	Emilie Conrad	Rhinebeck, NY	Omega Institute (800) 944-1001
Sept 9-11	Continuum Movement Workshop	Susan Harper	Albuquerque, NM	Jean Hopkins (505) 256-7636
Sept 15-17	Body In Question Workshop, Part 2, (pg 7)	Emilie Conrad with Robert Litman	Berkeley, CA	Continuum (310) 453-4402
Sept 15-20	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	New York, NY	Mary Abrams (212) 598-4553
Sept 21-27	Jungle Gym Frontiers Retreat, (pg 13)	Emilie Conrad / Kevin Smith	Holy Spirit, Encino, CA	Continuum (310) 453-4402
Oct 6-8	Continuum Movement Workshop	Emilie Conrad	Seattle, WA	Doris Mosler (206) 782-0120
Oct 13-19	Continuum & The Healing Process, (pg 7)	Emilie Conrad / Suzanne Scurlock-Durana	Washington, DC area	Suzanne Scurlock-Durana (703) 620-4509
Oct 18-22	Continuum Movement Retreat, (pg 5)	Susan Harper	Northern Italy	Catherine Kocher 41-55-240-1867
Oct 20-22	Continuum Movement Workshop	Emilie Conrad	Toronto, Canada	Marie Waisberg (416) 656-0004
Nov 1-6	Em'oceans & Sensation Training-1, (pg 11)	Susan Harper	San Francisco Area, CA	Continuum (310) 453-4402
Nov 5-10	Future of the Body Retreat, (pg 10)	Emilie Conrad / Don Van Vleet	Holy Spirit, Encino, CA	Continuum (310) 453-4402
Nov 11-17	Layered Resonance Retreat, (pg 10)	Emilie Conrad / Benjamin Shield	Holy Spirit, Encino, CA	Continuum (310) 453-4402
Nov 10-15	Em'oceans & Sensation Training-2, (pg 11)	Susan Harper	Santa Monica, CA	Continuum (310) 453-4402
Nov 26-30	Dreamtime Gathering, (pg 12)	Susan Harper	Vancouver, B.C. Canada	Doris Maranda (604) 947-0147
Dec 1-4	Continuum Movement Workshop	Susan Harper	Vancouver, B.C. Canada	Lale Doetsch (604) 986-2789
Dec 8-10	Body In Question Workshop, Part 3, (pg 7)	Emilie Conrad with Robert Litman	Berkeley, CA	Continuum (310) 453-4402

*The body is an ongoing fertile field,
containing within itself
its own mysterious future.*

CONTINUUM SOMATIC EDUCATION

November 5-10 FUTURE OF THE BODY

Emilie Conrad and Don Van Vleet Holy Spirit, Encino, CA

Don and Emilie, both "Inquiring Provocateurs," are forging a "new medicine" by expanding the somatic field with a creative spectrum of modalities for the health practitioner. This retreat is for somatic experimenters who "push the envelope." This workshop includes movement, body reading skills and table work.

Tuition, meals, lodging for five nights:
Commuter rate without meals - \$675,
Commuter with meals - \$840, Triple -
\$915, Double - \$965, Private - \$1010.
The retreat begins with a 5:30pm dinner,
a 7pm session on November 5 and ends
after lunch at 1pm on November 10.
Contact Continuum (310) 453-4402.
e-mail: office@continuumstudio.com

Don Van Vleet is an Advanced Certified Rolfer, who dimensionalizes deep tissue work by heightening interaction with microtubular and skeletal activity.

November 11-17 LAYERED RESONANCE - THE HEART OF EROS

Emilie Conrad and Benjamin Shield Holy Spirit, Encino, CA

The depth of our resonance, cellularly, spiritually and societally, is greatly determined by our receptivity to accept love, compassion and healing. The defended body cannot heal ... the defended mind cannot grow. Coupling the elegant, fluid movements of Continuum with the non-invasive touch of CranioSacral Therapy brings a profound erotic permeability that flows into streams of heightened awareness.

Tuition, meals, lodging for six nights:
Commuter rate without meals - \$815,
Commuter with meals - \$1015, Triple -
\$1100, Double - \$1165, Private -
\$1230. The retreat begins with a
5:30pm dinner, a 7pm session on
November 11 and ends after lunch
at 1pm on November 17.
Contact Continuum (310) 453-4402.
e-mail: office@continuumstudio.com

Benjamin Shield, Ph.D., is a certified Rolfer, CranioSacral Therapist and author/editor of Handbook for the Heart, Handbook for the Soul and Healers on Healing.

SUSAN HARPER'S EM'OCEANS & SENSATION

Emotions in their most natural state move like the ocean, fluid and constantly changing, and are felt with a wide variety of sensations. Riding the sensations of the small waves prepares us for the intensity of the large wave experiences of life. The potent resource of a well-developed "felt sense" energizes the self-organizing and self-regulating capacity of the healthy psyche/organism.

This training provides the skills of tracking sensations, nervous system activities, emotions, images, dreams and the ways that we make meaning. We work individually, in partner exercises, and in group process. Limited to 12 people with ample Continuum experience.

EM'OCEANS AND SENSATION TRAININGS - LEVEL ONE

DATE	LOCATION	CONTACT
Feb 3-8	<i>Santa Monica, CA</i>	Six full days. Tuition - \$700. Tuition plus meals - \$770. Continuum (310) 453-4402. e-mail: office@continuumstudio.com
Mar 16-21	<i>Vancouver, B.C.</i>	Doris Maranda (604) 947-0147. e-mail: dmaranda@axion.net
June 27-July 3	<i>Ashland, New Hampshire</i>	Kevin Frank (603) 968-9585. e-mail: kkfrank@linkwide.net
July 12-17	<i>Toronto, Canada</i>	Kim Brodey (416) 690-8470. e-mail: kbrodey@iprimus.ca
Sept 15-20	<i>New York, NY</i>	Mary Abrams (212) 598-4553. e-mail: mamoves@i-2000.com
Nov 1-6	<i>San Francisco Area, CA</i>	Tuition - \$700 Continuum (310) 453-4402. e-mail: office@continuumstudio.com

Nov 10-15 EM'OCEANS AND SENSATION TRAINING-LEVEL 2 *Susan Harper Santa Monica, CA*

Contact Continuum (310) 453-4402. Six full days. Tuition - \$700. Tuition plus meals - \$770. Preference is given for those who have taken more than one Level One training.

SUSAN HARPER'S DREAMTIME GATHERING

We create dreamtime environments for healing and creative unfolding in community. This gathering provides the skills needed to create a safe, witnessing container where we can facilitate others and ourselves in transforming the risky psyche and emotional issues that move within us. We create living rituals for lucid dreaming while awake.

May 4-11 DREAMTIME WILDERNESS GATHERING

Susan Harper and Stephanie Franz-Rivera Santa Monica, CA

In the Dreamtime Wilderness Gathering we will be camping out for three days to expand the context of dreaming in direct participation with the elements. We invite our imaginal process to mate with the splendor and guidance of the wild.

Limited to 12 people with Continuum and Em'oceans and Sensation experience. Eight full days. Tuition - \$825. Tuition plus meals - \$950. Contact Continuum (310) 453-4402. e-mail: office@continuumstudio.com

Stephanie Franz-Rivera holds a Masters degree in dance therapy and brings her talents for creating ritual environments to this training.

DREAMTIME GATHERING with Susan Harper

DATE	LOCATION	CONTACT
July 5-10	Ashland, New Hampshire	Contact Kevin Frank (603) 968-9585. e-mail: kkfrank@linkwide.net
Nov 26-30	Vancouver, Canada	Contact Doris Maranda (604) 947-0147. e-mail: maranda@axion.net

QUEST TRIPS WITH SUSAN HARPER

June 11-16 CONTINUUM WILDERNESS AWARENESS

Susan Harper and Steve Harper Esalen Institute, Big Sur, CA

Inspire yourself with awareness practices on day hikes in the wildness, beauty and magnificence of Big Sur back-country. Continuum sessions at Esalen. Steve Harper, Susan's brother, coordinates Esalen's Wilderness Programs.

Contact Esalen
(831) 667-3000
(831) 667-3005.
www.esalen.org

April 14-30, 2000 BALINESE QUEST

Susan Harper with guide Ken Ballard

Imagine doing Continuum in the magical atmosphere of Bali. We visit revered healers, dancers, musicians, artists, priests and teachers of mask-making, herbs, and healing. Our guide is Ken Ballard whose connections with local people take us into places you would not see traveling as a tourist.

Fee: \$2600
plus airfare.
Limited to 14.

Winter of 2001, Quest trip to India! Write for a Quest Trips descriptive flyer.

EMILIE CONRAD'S JUNGLE GYM

September 21-27 JUNGLE GYM FRONTIERS RETREAT

Emilie Conrad and Kevin Smith Holy Spirit Retreat Center, CA

The frontier of fitness brings dimension and scope to new ways of thinking about how best to cultivate mobility, flexibility and power. Kevin and Emilie have a passion for developing the field of physical fitness into a fully self-reflexive model. Explore boards and use of weights will be included.

Prior exercise experience required.
Tuition, meals, lodging for six nights:
Commuter rate without meals - \$815,
Commuter with meals - \$1015, Triple - \$1100, Double - \$1165, Private - \$1230.
The retreat begins with a 6pm dinner, a 7pm session on September 21 and ends after lunch at 1:30pm on September 27.
Contact Continuum (310) 453-4402.
e-mail: office@continuumstudio.com

Kevin Smith, a Certified Rolfer, Jungle Gym teacher and avid athlete, is devoted to the exploration of adaptive and emergent physiologic systems.

EMILIE CONRAD'S JUNGLE GYM MOVEMENT TEACHERS

"Emilie Conrad's Jungle Gym" Workshops are Listed under Teachers' Names
Contact these licensed teachers for local class schedules.

BETH PETTENGILL-RILEY

P.O. Box 508
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831 685-2523
e-mail: bethriley@aol.com

KAIOPA STAGE

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San Anselmo, CA 94960
415 457-4210
e-mail: kaiopal@prodigy.net

GLEAH POWERS

1514 Franklin St #5
Santa Monica, CA 90404-3241
310 453-0785
e-mail: gleah@aol.com
January 22-23, Santa Cruz CA
February 12-13, Seattle WA
March 10-12, San Antonio TX
March 17-19, Boston MA
May 19-21, Orlando FL
October 20-22, Tucson AZ

KEVIN SMITH

Box 32 Cooper Lake Rd
Bearsville, NY 12409
914 679-2335
e-mail: kdsmith@ulster.net
September 21-27, Holy Spirit, Encino, CA

RICH GOODSTEIN

4647 Puente Plaza
Santa Barbara, CA 93110
805 967-4757
e-mail: richrolf@aol.com
TBA Reston, VA

MARY ABRAMS

512 East 12th St #6
New York, NY 10009
212 598-4553
e-mail: mamoves@i-2000.com

CONTINUUM MOVEMENT TEACHERS

“Continuum Movement” Workshops Listed under Teachers’ Names
Contact these licensed teachers for local class schedules.

BARBARA MINDELL

830 North Ford St
Burbank, CA 91505
818 762-2916
e-mail: bmindell@earthlink.net
March 31-April 2, Boulder CO
June 9-11, Seattle WA
October 13-15, Philadelphia PA
October 20-22, Boston MA

BETH PETTENGILL-RILEY

PO Box 508
Aptos, CA 95001
831 685-2523
e-mail: bethriley@aol.com
March 11-12, Santa Cruz CA
April 14-16, Esalen Big Sur CA
May 27-28, Santa Cruz CA
Early June, Milan Italy
July 8-12, Santa Cruz CA
October 21-22, Santa Cruz CA
December 16-17, Santa Cruz CA

DIVO MÜLLER

Georgenstr. 22
80799 Munich, Germany
49 89 396 720
e-mail: divo2000@aol.com
January 28-30, Munich Germany
May 26-28, Cologne Germany
June 8-18, Sau Paulo Brazil
July 7-8, Munich Germany
September 22-24, Munich Germany
October 6-8, Hamburg Germany
November 24-27, New Zealand
December 29-Jan 2, near Munich

GAEL OHLGREN

2295 Glenwood Dr
Boulder, CO 80304
303 939-8008
e-mail: gaelo@aol.com
January 22-23, Boulder, CO
June 3-4, Boulder CO
June 29-July 2, West Covina CA
September 8-10 & 14-17, Kyoto Japan

KAIOPA STAGE

P.O. Box 2704
San Anselmo, CA 94960
415 457-4210
e-mail: kaiopal@prodigy.net
September 29-Oct 1, Rochester NY
October 6-8, Ithaca NY
October 13-15 Stoneridge NY
TBA Fresno CA

KIM BRODEY

178 Wineva Av
Toronto, Ont M4E 2T4 CANADA
416 690-8470
e-mail: kbrodey@iprimus.ca
June 2-4, Oslo Norway

MANUELA MISCHKE-REEDS

44 Brentwood Av
San Francisco, CA 94127-2237
415 333-2915
e-mail: mmrhakomi@pacbell.net

ROBERT LITMAN

2101 N. Treat Av
Tucson, AZ 85716
520 326-7543
e-mail: luz1311@azstarnet.com
Feb 12-13, Mexico City Mexico
March 31-April 2, Tucson AZ
April 21-25, Sydney Australia
June 9-11, Dublin Ireland
June 12-16, Dublin Ireland
June 21-24, Gamlitz Austria
October 20-22, Tucson AZ

*For the latest schedules
of workshops and
local classes for all teachers,
see our website:*

www.ContinuumMovement.com

CONTINUUM MOVEMENT TEACHERS

“Continuum Movement Basics” Workshops Listed under Teachers’ Names.
Contact these licensed teachers for local class schedules.

MARY ABRAMS

512 East 12th St #6
New York, NY 10009
212 598-4553
e-mail: mamoves@i-2000.com

CAROLE BURSTEIN

894 Kupulau Dr
Kihei (Maui) Hawaii 96753
808 874-8662
e-mail: carole@aloha.net
Monthly weekend workshop, Kihei HI

LINDA CHRISMAN

8 Wildwood Avenue
Oakland, CA 94610
510 601-0373
e-mail: chrispic@sirius.com
March 18-19, Albany CA
June 3-4, Albany CA
September 23-24, Albany CA
December 9-10, Albany CA

SONDRA HOWELL

Suite 210, Station Square One
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610 647-0750
e-mail: slhowl@aol.com

CYNTHIA JOHNSON-BIANCHETTA

Burns Creek Highway One
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April 14-16, Esalen Big Sur CA

KO

10233 Marine View Dr SW
Seattle, WA 98146
206 923-1839
e-mail: janetkol@aol.com
January 29-30, Seattle WA
April 1-2, Portland OR
April 15-16, Vancouver, BC Canada
May 19-21, Cleveland OH
September 8-10, Tokyo Japan
September 23-24, Seattle WA
Oct 21-22, Portland OR
Nov 11-12, Cincinnati OH
Nov 17-19, Cleveland OH

CATHERINE KOCHER

Gubelhöhe 7
CH-8630 Rüti, Switzerland
41 55 240-1867
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DORIS MARANDA

RR#1-Q10
Bowen Island, BC V0N 160 Canada
604 947-0147
e-mail: dmaranda@axion.net
February 12-13 Bowen Island Canada
October 28-29 Bowen Island Canada

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LUCIA MIRACCHI

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TUULA NIEMELÄ

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02440 Luoma, Finland
358 9-2975-016 e-mail:
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January 15-16, Luoma Finland
January 29-30, Luoma Finland
February 12-13, Luoma Finland

MELANIE NOBLIT-GAMBINO

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