

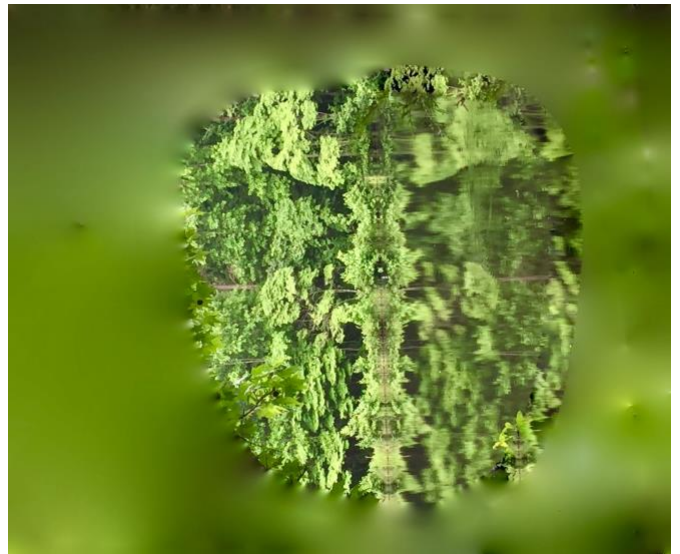
Continuum Immersion

With Rebecca Lawson

October 19-20, 2019 Chapel Hill, NC

If you need to slow down and deeply restore; if you long to meet yourself without being told what to do or as a problem that needs to be fixed; if gently bathing yourself in tender vibrations that sing vitality back into your cells sounds appealing...then this Continuum Immersion is an opportunity I hope you will consider.

It has been my experience that Continuum offers us an opportunity to go into a deeper listening, and from that listening begin to actually know how to both tend and recognize ourselves. We discover new and ancient ways of what it means to be alive by honoring a deep intelligence that focuses on sensation instead of mentation. Continuum offers us a context to explore and honor our own process and timing, freeing us from habit and deeply seeded messages of duality.



Continuum is a direct experience inquiry into what it is means to be alive. An individual's unique movement expression and tissue orchestration are explored in space, gravity and time. Using sound, breath and subtle movement, we enliven the fluid system, allowing the bio-intelligence to be responsive to our context. When somatic constraints are softened, we experience a greater flow of energy, increase tissue adaptability and generate multi-dimensional movement dynamics. The practice helps us to be responsive and adaptable in movement and thought. More freedom... more space... more life.

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Oct. 19, 10:30 AM – 5:30 PM. Oct. 20, 10:30 AM - 4:00 PM.

The group size is limited to 10 participants. Fee: \$175

Deadline to register is Sept. 15, 2019