



LIVING ANATOMY

A Yearlong Immersion

Enter the world of your alive body through living anatomy.

Learn anatomy the way it lives, breathes and moves inside your body.

with **Bobbie Ellis & Robert Litman** **Continuum Teachers**

Through images that evoke a living process, we learn the inner terrain of our human anatomical experience. Taking what we see into a living process offers a conscious and coherent learning experience that is in real time, in your alive body.

Learn

through Living Process

Each month we view images of specific territories of the body and learn the functions and capabilities of their movements and relationship to the whole.

Learn to access a felt sense of your living anatomy rather than just intellectual knowing.

Your movement will become more efficient and pleasurable, and you will be able to consciously shift painful movement patterns.

Explore

Movement & Connections

Explore by tracking your inner anatomy to discover the incredible fluid biodiversity of shapes like spirals, curves, waves and arcs. These move in all directions - flowing, spreading, elongating and storing power, providing fluid flexibility in both strength and subtle action.

When we can shift inner rhythms to access slow to dynamic movements, and follow these movements with our attention, we open our perceptual field and gain great resources in effortless suspension in space.

Being in your body with this context of fluid expression creates a web of connections out of which wholeness arrives from direct experience.

This “implicate order” of wholeness is your home base, and allows for greater ease and graceful movement, which is your birthright.

Feel

Increased Sensory Awareness

Awaken the sensations in a body that is mutable, adaptable, fluid based and always shifting.

Inhabit

Your Body from the Inside

When we are inhabiting our body from the experience of conscious coherent movement, we can relate to ourselves and our environment through a felt sense of resonance. From this place we can find self-agency and make clearer choices, confident that these choices will nourish our lives.

2021 Yearlong Immersion

**Saturdays 9am-1pm PST/
12-4pm EST USA**

**Tuesdays 4-6pm PST/
7-9pm EST USA**

January 9 & 26

February 13 & 23

March 13 & 30

April 10 & 27

May 15 & 25

June 12 & 22

July 10 & 27

August OFF

September 11 & 28

October 9 & 26

November 13 & 23

December 11 & 28

January 2022 8 & 25

Investment~Tuition

72 hours

\$595 by 1/1/21

\$695 after

bring a friend get \$50 off both

~Financial payment plans

available