

# Continuum Movement

## **“Serpentine Mysteries”: The Fluid Origins of Movement**



with Amber Gray – Mother of the Ceremonial Space

**The Ouroboros- the snake eating it's own tail symbolises that which exists before any beginning; before stories and patterns...it represents our spine, the messenger between the external and the internal, heaven and earth. It is kundalini. It is the yin of the yang, the yang of the yin. Embracing our divine opposite. Feminine and Masculine.**

**Continuum connects us with our natural state of being through movement, breath & voice.**

**Amber Gray is a Continuum Movement teacher, award-winning dance movement therapist, and sevito in the Fran Ginee tradition of Vodou. She works with people affected by human rights violations, natural disasters, and complex humanitarian emergencies. Her work emphasises the very basic human right we are all entitled to: to inhabit our bodies in ways that *we* choose.**

### **"Serpentine Mysteries" Continuum Series in Byron Bay in concert with the Byron Spirit Festival**

"Spirals", "Dives" and "Immersions" will be held from Saturday 18th to Tuesday 21<sup>st</sup> February

Intro 'dive' price - Friday, February 17, 7.00 – 10.00pm - \$30

Dives - Saturday 18th to Monday 20th February

Immersion - Tuesday February 21st, 12 – 5pm

### **"Bathing the Bones: An Introduction to Continuum Movement"**

Sydney, Heffron Hall, Darlinghurst \$350.00

Thursday, February 23, 6:30 - 10:00 pm

Friday, February 24, 6:30 - 10:00 pm

Saturday, February 25, 12 noon to 5pm;

Sunday, February 26, 11 am to 4pm

**Places are limited and a deposit is required for your place**

Costs, schedules and other details:

Sainttina

0402 1708 46

Email: [sainttina@hotmail.com](mailto:sainttina@hotmail.com)

**“The human body (is) an extension of the primordial ocean, appearing separate but maintaining constant resonance.” Emilie Conrad - Founder of Continuum**

For more detailed information contact Amber: [restorativeresources@gmail.com](mailto:restorativeresources@gmail.com)