

	Date	Event	Days and Times	Cost
WINTER	Jan. 6	Continuum in Marin	Saturday, 10:30am – 5pm	\$95 • Unity-in-Marin • Navato, CA
	Jan. 10	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	Jan. 19 – March 23	Finding your Fluid Body: Continuum/Yoga	Fridays, 9:30am – 11:30am	\$150/8 wk series or \$20/class (no class 2/16 or 3/2)
	Jan. 22 – March 26	Day to Day Continuum	Mondays, 9:30am – noon	\$235/8 wk series (no class 1/29 or 2/19)
	Feb. 14, Mar. 14, April 11	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	April 13 – 18	Embodied Creativity: Reclaiming Feminine Eros 2nd Annual Women's Retreat	Friday – Wednesday	\$300 plus meals & lodging Land of Medicine Buddha
SPRING	April 23 – June 18	Day to Day Continuum	Mondays, 9:30am – noon	\$235/8 wk series (no class 5/28)
	April 27 – June 22	Finding your Fluid Body: Continuum/Yoga	Fridays, 9:30am – 11:30am	\$150/8 wk series or \$20/class (no class 5/25)
	April 28	Continuum in Marin	Saturday, 10:30am – 5pm	\$95 • The Dance Palace in Pt. Reyes, CA.
	May 9	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	May 11 – 13, 2007	The Mystery of the Cobra: With Emilie Conrad & Beth	Friday – Sunday	Continuum Studio, Santa Monica, CA
	June 13	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
SUMMER	June 23 – 27	Deeper Waters Retreat	Sat. – Wed., 1pm – 6pm	\$475 for all five days (non-residential)
	July 7	Mindfulness and Continuum w/ Bob Stahl & Beth	Saturday, 10am – 5pm	\$100
	July 11	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	July 14	Continuum in Marin	Saturday, 10:30am – 5pm	\$95 • Unity-in-Marin • Navato, CA
	July 16 – 20	Continuum Camp	Mon. – Fri., 9:30am – 10:45am	\$125/week (no single classes available)
	July 23 – 27	Jungle Camp	Mon. – Fri., 9:30am – 10:45am	\$125/week (no single classes available)
	July 30 – Aug. 3	Yoga Camp	Mon. – Fri., 9:30am – 10:45am	\$125/week (no single classes available)
	Aug. 8	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
FALL	Sept. 10 – Nov. 12	Day to Day Continuum	Mondays, 9:30am – noon	\$235/8 wk series (no class 10/8 or 10/22)
	Sept. 12	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	Sept. 21 – Nov. 16	Finding your Fluid Body: Continuum/Yoga	Fridays, 9:30am – 11:30am	\$150/8 wk series or \$20/class (no class 10/26)
	Oct. 10	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	Oct. 13	Continuum in Marin	Saturday, 10:30am – 5pm	\$95 • Unity-in-Marin • Navato, CA
	Oct. 20 – 24	Continuum Movement & Embryogenesis w/Susan Harper and Connie Obermeier	Saturday – Wednesday	\$650 for all five days (non-residential)
	Nov. 14	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class
	Nov. 17	Mindfulness and Continuum W/ Bob Stahl & Beth	Saturday, 10am – 5pm	\$100
	Nov. 19 – Dec. 17	Jungle Gym	Mondays, 9:30am – 11:30am	\$80/4 wk series (no class 12/10)
	Dec. 8 & 9	Winter Hibernation Retreat	Saturday/Sunday 1pm – 6pm	\$190 (non-residential)
	Dec. 12	Entering the Stream	2nd Wednesday, 9:30am – noon	\$30/class

Monthly classes

Entering the Stream ▶ 2nd Wednesdays, 9:30am – noon

A monthly three-hour Continuum class for basic and continuing students.

Weekly Classes

Finding Your Fluid Body ▶ Fridays, 9:30am – 11:30am

Yoga practice reaches its fullness when we enter our body as the stream of life itself: mutable, flexible and openly creative. This class explores traditional yoga asanas and Continuum Movement together in a context of transformation and inquiry. No previous experience with either is required.

Day to Day Continuum ▶ Mondays, 9:30am – noon

By coming together on a weekly basis we can begin to identify ways in which we stop ourselves from moving with freedom in our bodies and in our lives. We learn how to incorporate the principles of Continuum Movement into our daily, hourly, and moment-to-moment awareness.

Jungle Gym ▶ Mondays, 9:30am – 11:30am

An innovative and lively full body workout based on the principles of Continuum Movement. Focus is on strength, resiliency and flexibility in a creative environment. No previous experience with Continuum is required.

Summer Camps

Each week will be an opportunity to practice daily the specified approach to Continuum-based explorations. Potency of health increases with practice. By exploring a sequence over the course of the week we create a new momentum in our lives that fuels freedom of body, mind and soul.

Continuum Camp ▶ July 16-20 • Mon. – Fri., 9:30am – 10:45am

Exploring the more intrinsic movements and sounds of Continuum...

Jungle Camp ▶ July 23-27 • Mon. – Fri., 9:30am – 10:45am

Dynamic yet gentle exercise for unfolding humans...

Yoga Camp ▶ July 30 – August 3 • Mon. – Fri., 9:30am – 10:45am

Yoga asanas interwoven with Continuum movement...

One Day Workshops

Mindfulness and Continuum ▶ July 17 & Nov. 17 • Saturdays, 10am – 5pm

Co-led by Bob Stahl and Beth Pettengill Riley

Silence and sensation will guide us into a deeper awareness of the open moment as we explore meditation interspersed with movement, sound and breath. A good introduction to both Continuum and Mindfulness.

Continuum in Marin ▶ Jan. 6, April 28, July 14 & Oct. 13 • Saturdays, 10:30am – 5pm

A seasonal dive into the nourishing waters of Continuum Movement. All levels.

Multi-Day Workshops

Embodied Creativity: Reclaiming Feminine Eros

2nd Annual Women's Retreat ▶ April 13-18, 2007

A celebration of the deep sensuality and primary pulse of life that vibrates through us uniquely as women and fuels our creativity, passion, and aliveness.

Nourish primary healing through movement, meditation, fluid yoga, art and conversation. With generous amounts of silence in the beautiful Santa Cruz Mountains, we will slow down, de-stress and feel into lives that are inherently ours as women—without demands from the outside world.

The Mystery of the Cobra ▶ May 11-13, 2007

Led by Emilie Conrad with Beth Pettengill Riley

In India, the cobra asana has existed for thousands of years. What does it mean to re-enact this ancient symbol, and what knowledge is revealed as its sinewy path moves through our awakened consciousness? The key to the Cobra asana is in its preparation; the asana is the end result of entering an ancient world from which all spiritual life sprang forth. Ultimately the asana becomes a teaching—a transmission. Its power lies in its universality. Our preparation is to bring ourselves into a resonance of ancient recall, through breath, our sound, and through the movement of our spiraling primordial origins that have woven what we call our bodies.

Deeper Waters: A Continuum Movement Retreat

Movement Breath Sound Silence ▶ June 23-27, 2007

Bring your body into vibrant relationship with your deepest soul expression. Summon an eloquent future for self and species as you dive into the undulating waters of your own biological origins. Five afternoons of restful movement nourish you in new and unexpected ways. Open yourself to experience the water of life. No previous experience required.

Continuum Movement & Embryogenesis ▶ October 20-24, 2007

Co-led by Susan Harper and Connie Obermeier

Explore the creative dynamics which take place in the journey from conception through implantation, development and birth. When we enliven the fluid dynamics of our own origins inside our adult organism, we engage a system that has, as its essential nature, flexibility, fluidity and wholeness.

Winter Hibernation Retreat ▶ December 8-9, 2007

Two days of quiet movement and meditation in this season of hope and mystery. Through sound and breath, stillness and movement, we will pause—holding a circle of light for all who are in need—as we glimpse deeply into the heart of being, and the true meaning of this seasonal change in each of our lives.

See reverse side for dates & details.

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