

Continuum Movement is an extraordinary inquiry into the fullness of what it means to be alive. It is an exploratory process through which we can directly experience the interconnection of our own origins with the larger currents of organismic life—beginning with the first cell, and elaborating into the intricacies of human form. The classes and workshops use movement, breath, sound and awareness to innovate and expand our capacity for life as individuals, families, communities, countries, planets, galaxies and beyond. The fullness of the present moment is made more available through an enhanced ability to sense and perceive the magnificent spiraling of life on Earth.

The health and vitality of any organism (be it the single cell or the supernova) is in its ability to redefine its own structure. Rather than following a fixed system of postures or formalized exercises that maintain patterned structure without release, continuum explorations delve into the play of emerging and dissolving of form. This theater of life becomes the source of continuous well being, wisdom and creative imagination.

Continuum has pioneered and revolutionized the role of somatics in health, education, relationship, physical fitness, creativity and spirituality. The elegant practices we explore make an art form of dissolving constraint, welcoming the liberation of the entire person at every level.

One-Day Workshops	Retreats & Intensives	Weekend Workshops
<p>May 29 August 7 February 29th* Breaking Open the Asana: Yoga and Continuum</p> <p>The body is a dynamic interaction of living processes. Yoga practice reaches its fullness when we enter our body as the stream of life itself: mutable, flexible and openly creative. The fluid systems of person and planet pulsate with meaning and invitation. Union (yoga) is achieved when we actively participate. This day will be an innovative exploration for yoga teachers and experienced students who wish to invigorate their practice and their teaching. No previous Continuum experience necessary.</p> <p>11am–5pm • Cost: \$90</p> <p>*in Petaluma, CA contact: Elizabeth Crowley: 707.781.9677</p>	<p>February 6–11 All About Movement A Residential Retreat at Mt. Madonna Center EMILIE CONRAD, BONNIE GINTIS, D.O. & BETH PETTENGILL RILEY</p> <p>Discover the infinite world of movement that heals, nourishes and inspires. Continuum movement... flowing, dynamic, mutable and in constant flux, invigorates form and structure with a remarkable potential that fulfills our longing for healthy change and growth.</p> <p>Breath and sound facilitate variations in mass and density leading to a flexible reshaping of form and structure. Shifting densities slows aging, causing us to revise our ideas about stiff joints, aching backs and what we consider to be the inevitable. Health and healing become amplified in our ability to be adaptable, increasing our options for perpetual renewal.</p> <p>For information and registration contact the Continuum Office: 310.453.4402 Office@ContinuumMovement.com</p>	<p>March 20 & 21 Moving into Life: The Urgency of Spring</p> <p>The seasonal return of blossoming brings with it opportunities for our own renewal and self-perpetuating life force to be touched, moved and lived. As rain and water rises in our wilderness outside, the internal wilderness responds with a rich increase in fluid flow for our organisms to begin an opening into a fuller more meaningful life in this moment as it is. Exploring movement sound and breath we will participate in the fullness of the season.</p> <p>1pm-6pm each day • Cost: \$175</p>
<p>January 17 July 17 Exploring the Heart of Healing: Mindfulness Meditation &</p>	<p>June 19–23 Deeper Waters</p>	<p>December 3–6 Eros & Yoga: Deconstructing the Cobra EMILIE CONRAD & BETH PETTENGILL RILEY</p> <p>We will gather at a luxurious retreat in the mountains of Woodside to explore the depths of Yoga inquiry and practice. We will come into a deeper experience of union through the doorways of Continuum. Eros, fundamental to the urging of life, inspires this inquiry. For information and registration contact the Continuum Office: 310.453.4402 Office@ContinuumMovement.com</p>

July 17**Exploring the Heart of Healing:
Mindfulness Meditation &
Continuum Movement**

BETH PETTENGILL RILEY & BOB STAHL, PH.D.

Silence and Sensation will guide us as we explore the healing that begins to move through us when we learn to pay attention to the nuances of each moment. Periods of silent and guided meditation will be interspersed with movement, sound and breath explorations. A good introduction to both Continuum and Mindfulness.

Bob Stahl, PhD, directs mindfulness-based Stress Reduction Programs at several Bay Area hospitals and clinics. Bob's extensive experience working with physical disabilities, chronic pain, life-threatening illnesses, and stress-related disorders, brings a deep personal practice to life through his teaching. A former resident of a Buddhist Monastery, Bob has completed professional training with Jon Kabat-Zinn, Ph.D.

10am–5pm • Cost: \$100

num Office: 310.453.4402

Office@ContinuumMovement.com

June 19–23**Deeper Waters**

Slowing down, letting the organism establish its own pace without demand from the outside world is essential for the on-going thriving of the human organism. The longer we can be in an open-ended state of inquiry, letting daily duties suspend, the deeper the intrinsic world of intelligent life and fearless being can be felt and incorporated into every aspect of our lives. Previous experience with Continuum Movement is recommended.

1pm–6pm each day**Cost: \$450 for all 5 days****April 4–9****The Living Spiral: Love's Body
A Continuum Movement Retreat**WITH BETH PETTENGILL RILEY &
CYNTHIA JOHNSON-BIANCHETTA

A five-day residential retreat exploring the healing waters of Esalen and our own fluid bodies. We will explore movement, breath sound and silence as interpenetrating presences of life spiraling through and around us.

For information and registration contact
Esalen Institute: 831.667.3000

mountains or Woodside to explore the depths of Yoga inquiry and practice. We will come into a deeper experience of union through the doorways of Continuum. Eros, fundamental to the urging of life, inspires this experience of asana and Continuum. Recommended for anyone interested in experiencing the limitless possibilities of Transformative movement. A residential workshop.

For information and registration contact the
Continuum Office: 310.453.4402
Office@ContinuumMovement.com

December 18 & 19**Darkness & Light:****Exploring Winter Hibernation**

The world at peace is the hope and the vision. Gestating the emerging unexpected, for person and planet, in the dark of winter, we will rest amid the busy and often chaotic season of light and mystery. Through sound and breath, stillness and movement we will drop into the heart of being and the true meaning of this seasonal change in all of our lives.

1pm–6pm each day • Cost: \$175**Special Event****September 29–October 3****Continuum Movement and
Embryogenesis Retreat**

LED BY SUSAN HARPER AND CONNY OBERMEIER

We invite you to join us in this highly experiential Continuum Movement retreat where we explore how to tap the enormous creative shaping forces inherent in fluid dynamics. We will explore a detailed, fluid, articulation throughout the whole organism. Exploring the creative dynamics, which take place in the journey of conception,

Class Series**Passionate Sweat!****The Jungle Gym Domain**

In the Jungle Gym Domain, dynamic movement becomes an exciting art form encouraging not only strength and tone but ingenuity and spontaneity. It represents a dynamic expression of the fluid teachings of Continuum where adaptability and mutability are keys to health and vitality.

Day to Day Continuum

If movement is life, moments where movement ceases become guides into habits and patterns that keep us from feeling vitally alive. **This class is meant to serve as a follow-up for the weekend Continuum Movement workshop.** 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

ingenuity and spontaneity. It represents a dynamic expression of the fluid teachings of Continuum where adaptability and mutability are keys to health and vitality.

Jungle Gym class series: \$85

**4 Mondays 9:30am–11:30am
(4 Class commitment)**

Session I March 1 thru 29
(no class 3/22)

Session II Sept. 13 thru Oct. 4

Session II Nov. 22 thru Dec. 20
(no class 12/6)

Thursday Night Continuum: Frontiers of Movement

At a primary level, movement is what we are as well as what we do. The dark, quiet of evening can allow us to experiment compassionately with ways of renegotiating our patterns and habits of moving in the swirl of life's activities. Slowing down, combining elements of both Continuum and Jungle Gym, this will be a predominantly experiential class.

Frontiers of Movement series: \$175/session

6 Thursday evenings 7:00–9:30pm

Session I Feb. 19 thru March 25

Session II May 20 thru June 24

Session III Oct. 28 thru Dec. 9

This class is meant to serve as a follow-up for the weekend Continuum Movement workshop. 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 and learn how to incorporate the principles of Continuum Movement into our daily, hourly, and moment-to-moment awareness.

**Continuum Movement series: \$175/session
6 Mondays 9:30–noon
(6 Class commitment)**

Session I January 5 thru February 23
(no class 1/26)

Session II April 12 thru May 24
(no class 5/3)

Session III June 27 thru August 9
(no class 7/26)

Session IV Oct. 11 thru Nov. 15

For more information:
Contact Beth Pettengill Riley
Phone: 831-685-2523
E-mail: beth@themovingwell.com

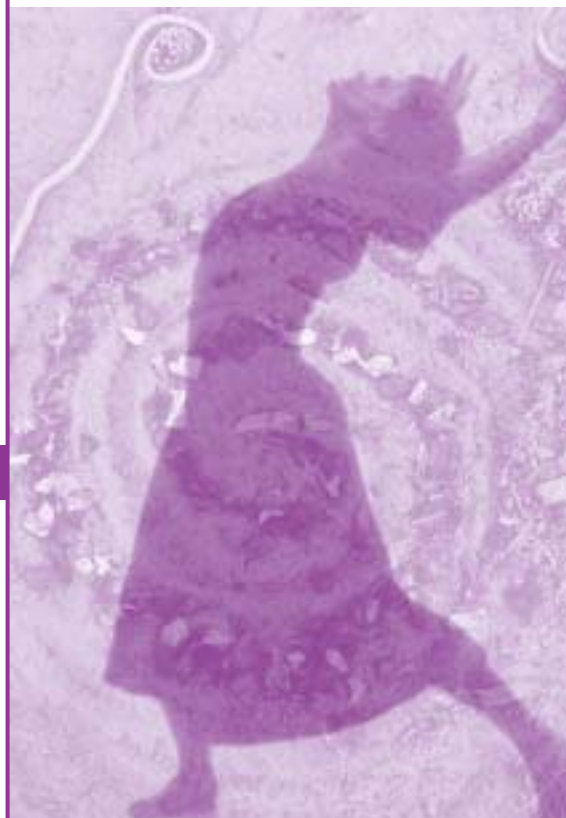
Visit us online:
www.themovingwell.com
www.ContinuumMovement.com
www.ContinuumMontage.com

creative shaping forces inherent in fluid dynamics. We will explore a detailed, fluid, articulation throughout the whole organism. Exploring the creative dynamics, which take place in the journey of conception, implantation, the development of embryological structures, and birth. We will discover how we can participate with our living "anatomy" in dialogue with our ever-changing world.

Susan Harper, co-developer of Continuum Movement has also developed Em'ceans and Sensations Trainings, which foster presence, resonance, and somatic resources.

Conny Obermeier is an Advanced Certified Rolfer and a Rolf Movement Practitioner. He has extensive training in Craniosacral Biodynamics with Franklin Sills, and with Hubert Godard. His passion for embryology and Continuum Movement inspire this gathering.

Five full days • Cost: \$650



Private Consultations

Private sessions are designed on an individual basis, exploring intrinsic movement with specifically designed experiences combining sound, breath, movement and gentle bodywork to access possibilities for healing and change. Individual attention can accelerate the learning process and provide an often necessary witness to the experience of organic movement. This approach has been especially effective with chronic pain and injuries and auto-immune illnesses, by releasing restrictive patterning on many levels.

Cost for a one hour session: \$95 • Call 831.685.2523 to schedule an appointment.

Use this form →
to reserve space in a class or workshop

Send a \$50 deposit with this form to:
Beth Pettengill-Riley
P.O. Box 508
Aptos, CA 95001

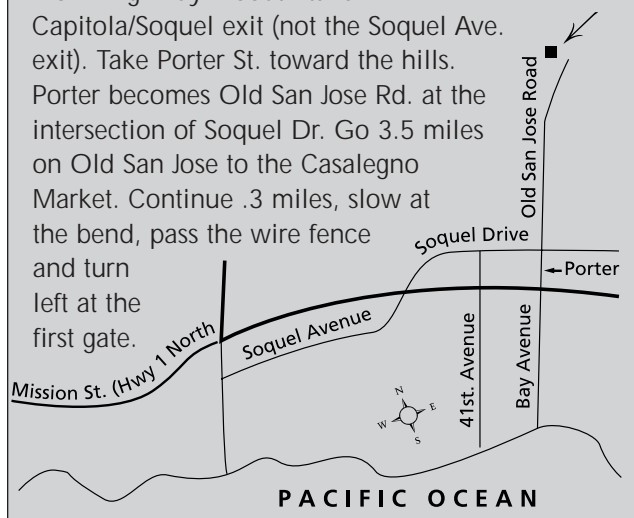
Send a separate deposit for each event. Reserve early so we can reserve enough space for everyone who wants to come. Upon receipt of your deposit you'll be sent further details. The remaining balance is due 2 weeks prior to the beginning of each class or workshop.

Cancellation & Refund Policy

All payments are non-refundable 2 weeks prior to an event unless we or you fill your space. A \$10 processing fee will be applied for cancellations before the two week deadline.

All sessions held at
SUBUD CENTER
3800 Old San Jose Rd., Soquel, CA

From Highway 1 South take Capitola/Soquel exit (not the Soquel Ave. exit). Take Porter St. toward the hills. Porter becomes Old San Jose Rd. at the intersection of Soquel Dr. Go 3.5 miles on Old San Jose to the Casalegno Market. Continue .3 miles, slow at the bend, pass the wire fence and turn left at the first gate.



If you no longer wish to receive mailings please call 831-685-2523 to be removed from list. Thank you.

Registration

Name _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

Evening Phone _____

Email Address _____

Indicate the class/workshop for which you are registering:

Feel free to copy this form if you want to keep the reverse side for your reference.

For more information:

Contact Beth Pettengill Riley

Phone: 831-685-2523

E-mail: beth@themovingwell.com

Visit us online

www.themovingwell.com

www.ContinuumMovement.com

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www.copperwoman.com

Beth Pettengill Riley
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Beth Pettengill Riley, M.A. Dance Education, Stanford University has invigorated the world of movement education through her passionate blending of Continuum, Dance and Yoga for over two decades. She apprenticed with Emilie Conrad, continuum's founder beginning in 1978. She began teaching Continuum in 1986 after 10 years of training in Ashtanga Yoga at Mt. Madonna Center with Baba Hari Dass.

Beth has served on the faculties of Cabrillo College, Stanford University, and the Santa Barbara Graduate Institute where she pioneered a graduate level course in Continuum Movement. She was recently named "Best Yoga Teacher of Santa Cruz" by The Good Times and is actively pursuing the interface between science and spirituality, finding the perfect laboratory in the human body. She maintains a private practice in Aptos, California where she lives with her husband and 2 daughters, three horses a cat and a dog.

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A blue-tinted photograph of a Buddha statue in a stream. The Buddha statue is on the left, looking towards the right. The water is splashing and flowing. In the foreground, a striped snake is coiled on a rock. The overall scene is serene and natural.

Beth Pettengill Riley

2004
Continuum & Yoga
Classes • Workshops