



# HONORING THE MYSTERY OF THE *TRANSFORMATION WITHIN*

## CONTINUUM WORKSHOP

*mit Robin Becker, New York*  
December 29th and 30th 2019



As we prepare to enter the new year- it is a profound gift to be able to slow down, rest, and listen to the depths of our embodied wisdom. In the winter landscape that surrounds us at this time of year, there is a great mystery alive deep within the planet and within our bodies that is continuously providing for the new life that will emerge in spring.

Through the practice of Continuum, a biological awareness practice in which the body is understood and explored as a fluid system, we learn how to listen to an inner sanctuary of movement that is constantly communicating and expressing how we intimately belong to a larger planetary process. We discover resources from within that support us as we meet the changing circumstances of our lives. The mystery of the body carries the heart of our shared humanity, and it is the birthplace of our empathy, compassion, and inspired action. Please join us for two days of exploration as we prepare to enter the new year with hope and possibility.

**This seminar is appropriate and safe for everyone at all levels of movement capacity. No previous movement experience is required**

**KURSSPRACHE: ENGLISH MIT DEUTSCHER ÜBERSETZUNG**

**Place:** zoEspaces, Elsässerstrasse 34, 4056 Basel

**Dates/Times:** Introduction: Sunday: December 29th 9.00 to 13.00  
Workshop: Sunday: December 29th 14.00 to 18.00, Monday: December 30th 9.00 to 17.00

**Costs:** Introduction: CHF 60.- Workshop: CHF 250.- Both: CHF 300.-  
(Stud/AHV 10% discount on all prices)

**Registration:** sekretariat@zoe-tanz.ch  
or via [www.zoe-tanz.ch](http://www.zoe-tanz.ch) ->projects oder -> Kurse

**More Information:** sekretariat@zoe-tanz.ch oder zoeTanz 061 381 70 68