



BODY WISDOM

UNDERSTANDING TRAUMA & CULTIVATING RESILIENCY

A CONTINUUM WORKSHOP WITH GAEL OHLGREN

NOVEMBER 2nd – 3rd 2008

At studio PHYNIX *tanzt*

Hasenheide 54

10967 Berlin

www.phynixtanzt.de

Workshop time:

Su. 12.30 a.m. – 6.00 p.m.

Mo. 9.00 a.m. – 5.00 p.m. (with lunch break)

No previous experience is needed. Continuum is appropriate both for the very fit and also those with physical limitations.

Please wear comfortable clothes for moving and, if possible bring a blanket or comfortable pad.

Workshop language is English.

Price:

Registration and payment until 26.09.2008 180€
after this 210€

Registration:

Harriet Grzondziel

Karl-Kunger-Str. 3

12435 Berlin

E-Mail: info@rolfingpraxis-berlin.de

Information:

Harriet Grzondziel & Thomas Pittner

Phone: ++49 30/ 53 21 91 91

You find registration form und participation conditions at next site

This is an experiential workshop that focuses on practices which develop body wisdom. Continuum is a non-patterned, pleasurable, and self-paced moving meditation which increases our resonance with the healing matrix of life. Practicing this modality brings one's unique sensibilities to the foreground. These same subtle impulses, the language of the body, are often lost or overpowered by our busy agendas and habitual responses. Any trauma further numbs our ability to feel and enjoy life. Instincts for self-care improve when we can hear our body speak. Continuum modalities of breath, sound, and fluid movement stimulate better energy flow and new flexibility. Participants usually notice that these practices produce better alignment on many levels

In times of stress, our bodies have the ability to maintain and support equilibrium. When stress becomes chronic distress, and/or is perceived as life threatening, the potential for being "traumatized" increases. We live in



a world in which global sanity and balance are threatened on a daily basis. World events are part of our collective field, and the constant messages of scarcity, more, danger, and terror infiltrate our tissue with levels of anxiety and speed that contribute to contraction, density and pain.

In this workshop, we will look at the impact of stress, perception of danger, and exposure to traumatic events (i.e current world events) on our bodies. At the same time, we will intimately contact our body's profound wells and pools of resiliency.

A fundamental practice of Continuum Movement is the establishment of a collective, healing field, and this workshop will consciously and creatively draw from our own corporal and energetic wellsprings of knowing, healing, balancing and freedom. Through the medium of breath, sound, and practices which shift habitual perception, we will awaken and acknowledge our bodies as the site of all human experience, from the mundane to the sacred, from the painful to the pleasurable. You will leave this workshop with a capacity to enter into a moving meditation that allows your body to become a sanctuary of stillness and peace as well as a portal to transformation.

We are fluid, flowing event, not a fixed thing.

Emilie Conrad, Begründerin des Continuum Movement



Gael Ohlgren working with and teaching Rolfing and Rolfing Movement for 31 years. 1981 when Gael first met Emilie Conrad, founder of Continuum, and Susan Harper, Continuum collaborator, the art of Continuum has been at the heart of Gael's personal practice and passionate inquiry. Gael is a licensed Continuum teacher, having studied the work for over 20 years, and is also a member of Continuum's International Faculty, teaching in Europe, Japan and South America.

More Information about Gael and Continuum:

www.gaelohlgren.com

Information about Continuum Movement

www.continuummovement.com (Emilie Conrad)

www.continuummontage.com (Susan Harper)

Registration for Workshop „BODY WISDOM“

A Continuum Movement Workshop with Gael Ohlgren

NOVEMBER 2nd – 3rd 2008 at studio PHYNIX *tanzt* in Berlin

Name:

adress:

phone:

E-Mail:

I've remit the invoice amount of

180€

210€

yes no

Date

Signature

The registration is valid after receiving the invoice amount at our bank account:

Bank: Dresdner Bank
Remittee: Harriet Grzondziel ·
Account number: 02 692 375 00
BLZ: 100 800 00
Reason for payment: Continuum Gael 11.08

Participation conditions and cancellation

No previous experience is needed

Participation affirmation is incoming payment of 100 Euro at our bank account:

Bank: Dresdner Bank
Remittee: Harriet Grzondziel ·
Account number: 02 692 375 00
BLZ: 100 800 00
Reason for payment: Continuum Gael 11.08

The workshop fee of 180€ (until September 26th 2008) and respectively 210€ should be remitted until October 17th 2008 to our bank account.

A cancellation of participation is possible until October 24th. In this case a cancellation fee of 50€ will be billed. In case of cancellation after that date the full amount is due, unless a participant from the waiting list steps in. (You may send an alternate participant).

Statement to personal responsibility

My participation at the workshop „Body wisdom“ is done at my own responsibility and my own risk. The Workshop focuses on self experience. It is neither therapy nor it may substitute it. In case of healthy restrictions or special needs I inform organizers about.

I agree to participation conditions and statement to personal responsibility.

Place

Date

Signature

