

Welcome to the

C O N T I N U U M - D A Y

~ Discover your Fluid Origin ~



with Volker Moritz & Tone Merethe Gilje

28 July 2024, 10-17 h

De Roos, PC Hooftstraat 183, Vondelpark, Amsterdam

A powerful exploration of who we are, using sound, breath and movement

All life is born of water. We are more than 70% water. In Continuum we explore this fluid ancestry through vocalized sounds and free, spiralling movements that have a very specific effect on our body. In these 'dives' we move beyond the limits of our usual thoughts and habitual movement patterns into the flexible, adaptable and unpredictable nature of our fluid being. Simple, deep, delightful.

Play, discover, relax & enjoy

Tensions in our body and mind soften, creating space for our natural healing capacity to emerge. Especially done within a group of people, the amplification of the sound gives surprising effects. Experience connectedness, self healing, re-structuring and re-patterning on the levels of cells, tissue, relationships. Move like an octopus!

All bodies, abilities, ages, genders and backgrounds are welcome!

This one-day workshop is a great way to discover Continuum. Treat yourself to a journey within yourself. Includes the 'work out', relaxing and healing aspects of Continuum.

€ 160 per day (if money is in any way a problem, please contact the organizer)



Volker Moritz (1971, South Africa) works as psychologist / sexologist in his private practice in Amsterdam (NL), combining talking therapy with body awareness and the deep healing bodywork of the Maoris from New Zealand. Volker gives international workshops and is known for his deep, sensitive and natural way of teaching. www.volkermoritz.com

Tone Gilje (1956, Norway) is trained as an advanced Rolfer and a psychodrama director. In her own practice and in the workshops, her passion for the mysteries imbedded in us is a driving force for her way of teaching and inquiry, along with the experience from 40+ years of practice in the field of bodywork. www.tonegilje.no

Tone and Volker are both founding members of the Continuum Teachers Association, and authorized as Continuum Teachers by Emilie Conrad (founder of Continuum). www.continuumteachers.com



**For information and registration, call or text to +31-6-40719271,
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