

Dance-Movement Therapy Association of Australia  
Hanny Exiner Memorial Foundation



# LIFESTREAMS

## Continuum as Movement Medicine

With International presenter

Amber Gray

Friday 7, Saturday 8 and Sunday 9 September 2012

at The Convent

1 St Helier Street Abbotsford, Melbourne

*Continuum is an extraordinary awakening to the  
fullness of what it means to be alive*

Continuum is moving medicine. Emilie Conrad, creator of Continuum Movement, teaches that all fluids are basically one element, resonating with all other fluids. They function as a kind of umbilical cord supplying us with the pulsing undulations of life. Continuum movement increases flexibility, motility, wellbeing, creativity, innovation, adaptability and vitality.

This workshop will include opportunities to address specific participant or client issues as defined by the group. It will focus on how Continuum aids the restoration of fluidity and health to our tissue, movement, and overall well being, after specific injuries, chronic stress, and/or exposure to life challenging or traumatic events. Reference will be made to how Continuum has been used with survivors of large-scale disasters, interpersonal violence and physical injury.

The workshop is open to movement artists and practitioners, therapists, bodyworkers and all those committed to a deep exploration of how life reveals itself in each and every breath and movement we create. The workshop will provide an invitation to dive into the pool of existence within our cells and enter the play of life through Continuum, a practice that involves simple sound streams (to stir the fluid that resides within our tissues), breathing patterns, and slow, organic movements.



## Amber Gray

Amber is a longtime practitioner of body centered arts and sciences (somatic psychology, massage therapy, Life Impressions Body-work, Dance movement therapy, energy medicine, cranio-sacral therapy, yoga, and shiatsu), and an advocate of human rights.

Amber is an authorized Continuum Movement Teacher and award winning dance movement therapist. Amber has worked for many years with people whom have survived violation, human rights abuses, and terror. Amber uses Continuum movement as a primary restorative practice in her work, and for resilience after injury, illness and chronic stress. Her teaching often combines Continuum with dance movement therapy, somatic psychology, current trauma and neuropsychological research, movement therapy, life impressions bodywork, ritual, and creative arts.



She is currently Director of Restorative Resources Consulting and Training. Her work has taken her to Indonesia, Kosovo, Rwanda, Central America, Mexico, New Zealand, Croatia, Norway, Sweden, India, Sudan/Darfur, Lebanon, West Bank, Chad and of course her favorite country-Australia!

## The Convent

Revitalise and restore yourself at the beautiful Abbotsford Convent where lovely gardens and grounds sweep down to the Yarra River. The setting was enjoyed for thousands of years by the Wurundjeri people, for whom the nearby junction of the Yarra River and Merri Creek was an important meeting point.

Melway reference 44 G5, Parking \$6 (gold coins only)

*“Continuum is at the same time a philosophical, scientific, artistic, musical, poetic, and spiritual concept, a cosmology, and an advanced state of consciousness” Jim Oschman, Energy Medicine in Therapeutics and Human Performance*

## Registration and workshop details

**Friday 7, 4.30-9.00pm** meet in Dorm 1 at 4.30pm to be ready for immersion  
5pm -9pm

**Saturday 8, 11.30am-6.30pm** Suggest bakery brunch 10.30am prior to  
immersion

**Sunday 9, 9.30am - 4.30pm**

Please note: During immersion snacks and drinks provided; dress for movement  
and comfort and bring a Yoga mat and blanket

### Costs: 3-Day workshop

Current financial DTAA member \$290; Concession financial member \$270

Non DTAA Member \$350; Concession non - DTAA member \$330

### Costs: 2 day Weekend

Current financial DTAA member \$230; Concession financial member \$210

Non DTAA Member \$290; Concession non - DTAA member \$270

Contact Melanie Keely for any further information. Tel: 9712 0660;

Mobile 0400 985 929

Email: melaniekeely@bigpond.com

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If you choose the DTAA member option, you must be a current financial  
member. You are welcome to join on-line: [www.dtaa.org.au](http://www.dtaa.org.au). Cost \$55,  
concession \$44

EVENT REGISTRATION FORM / INVOICE

DTAA ABN: 26 323 204 775

First name: ..... Family name:.....

Phone: ..... E-mail:.....

Select our quick and easy on-line Trybooking System at [www.dtaa.org.au](http://www.dtaa.org.au)

Or

EFT to DTAA, Westpac, Middle Brighton branch

BSB: 033 095 Account: 330037

Cheque ☐

Visa ☐

Mastercard ☐

Cardholder's Name: ..... Signature:.....

Card number: .....Expiry date: .....

TOTAL PAYMENT:

\$ .....

Please complete this form and return to: DTAA, PO Box 641, Carlton  
South, Melbourne 3053 or Email: save as Word document and email to  
[admin@dtaa.org.au](mailto:admin@dtaa.org.au)