

Continuum Movement

March 19th - 21st with Robin Becker

Continuum Movement Introduction

Fri March 19th 7-10pm

(Intro is open to all and is a required if you are attending retreat)

Expand your experience and understanding of the body as a resource for change; a pulsing dynamic organism, instead of a fixed entity. In Continuum we are able to soften boundaries, and habitual patterns of movement and structure, which often allows new innovations in expression, and reveals expansive possibilities of movement, thought and feeling.

Retreat in the Body: Called to Embody Love

Sat March 20th 9:30- 5pm, Sun 21st 9:00 - 3:00pm

In this retreat we will explore the movement of the body as being the movement of life, the movement of love. The fluid inner landscape of the body is in constant motion and as we offer our attention to this boundless resource of movement, we increase our awareness of the life force within and of the potency of our connection to the larger world. We become more permeable and responsive to the movement of love expressed as ourselves.

Robin Becker is an internationally recognized teacher who is a professional dancer and choreographer. Robin became an Authorized Continuum Teacher in 2001.

"The body is the vehicle through which we experience life. Our work is an exploration of the subtle movements and vital forces within us. As we develop and expand our physical presence, we uncover information and intelligence of the body that transforms our relationship and connection to the larger universe.

- Robin Becker

Appropriate for all levels of movement capability. No prior movement or dance training is necessary.



Fri Only \$35 • Fri & Sat Only \$110 • Fri, Sat & Sun - \$170

(\$155 if you Preregister by Mar. 12) \$50 holds your registration

Register and Pay online risingtideinternational.org/calendar.htm or
mail checks payable to Rising Tide International

Questions? Contact: Andalib Cheryl Kaiser, cherylannkaiser@gmail.com 941-320-9867



Rising Tide International
5102 Swift Road Sarasota, FL 34231

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