

The Re-enchantment of the Body, Movement & Life

We question cultural beliefs, the history of exercise and its origins, the origins of life itself and what it means to be human, to have and be a living organism on the planet earth. We explore the body as a living activity, not something to be controlled, shaped, fixed and objectified, but an intelligent and indigenously wise organism with resources yet to be integrated.

We move and are moved, breathe and are breathed, sound and uncover new meaning through rich inquiries into embodied consciousness. Yoga, Continuum Movement, Evolutionary Movement, Perceptual Inquiry and deep listening offer fresh possibilities for movement, pleasure, and integration in the body and life.

What is Continuum Movement?

"Continuum is at the same time a philosophical, scientific, artistic, musical, poetic, and spiritual concept, a cosmology, and an advanced state of consciousness. When applied to our affairs, continuum leads us naturally to a saner and happier world. In other words, continuum as an experience is a direct involvement in the harmony and congruence of our inner and outer realities. It enables us to live the real lives of our bodies."

James Oschman, Energy Medicine in Therapeutics and Human Performance.

