

EXPLORING OUR LIQUID NATURE WITH CONTINUUM

led by Elaine Colandrea, assisted by Simona Arbizzani

As a species, humans evolved from life forms that began in the ocean.

Human embryonic development happens in fluid.

The human body is primarily fluid filled.

Fluids teach us how to be adaptable, resilient, and how to meet constantly changing circumstances.

Continuum is a biological awareness practice based on our fluid nature. Continuum breaths, sounds and fluid movement sequences offer the potential to incorporate the ways of water into daily life, into therapy sessions, into artistic expression and into deepening self-awareness.

This three day weekend offers the opportunity to explore our liquid nature, on land, with Continuum guide Elaine Colandrea of New York, US. Elaine has been offering Continuum workshops in Italy for a decade.

The workshop will be taught in English with Italian translation by Mirco Dondi.

The workshop location is special for the beauty of nature in this location, of the spacious movement studio, and the heated pool, which will allow participants, if they wish, to bring their experience of Continuum into the water, facilitated by Patrizia Belardi, Watsu teacher.



Photo Collage: Prue Jeffries, photo credits, Prue Jeffries & Erik Kiviati

March 15 - 17, 2019, Scansano/Grosseto – Italy

For information contact Patrizia Belardi

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Cellulare 340-3938045



For registration and payment

Simona Arbizzani - Email simona.arbizzani@gmail.com
Cellulare 329-3669583

The workshop costs 215 euros if paid within the 25th of December.
After that, the cost is 245 euros.

To the cost of the workshop 46,50 euros for the membership card to the Watsu Italia association must be added (www.watsu.it).

The seminar will be paid directly to Elaine Colandrea through Paypal.

Places are limited.

The deadline for registration and payment is February 15.

Location of the workshop

Agriturismo Sasseta Alta,
Loc. Sasseta Alta, 24
Scansano/Grosseto - Italia

To book and pay for overnight stay contact: www.sassetaalta.it

Schedule of the workshop

Friday and Saturday from 12:00 to 17:30
Sunday from 9:00 to 14:00

The workshop will be translated from English to Italian.



Elaine Colandrea's endeavor, Watermark Arts, explores how somatic movement shapes consciousness, informing and inspiring creativity, learning, and connection to self, others and nature, organically creating a more humane world.

A movement artist, Continuum teacher & mentor, somatic educator and massage therapist, her work has been deeply influenced by her long-term association with Emilie Conrad, founder of Continuum. Her current passion is bringing people together to directly experience the body's transformative capacity.

Based in the Hudson Valley of New York, Elaine has offered Continuum in Italy for over a decade, including two workshops at the invitation of ACSI, many workshops near Bologna with Simona Arbizzani & Continuum Italia, and in the cave town of Matera, which she loves and finds conducive to the practice of Continuum.

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