



# Beyond the Skin

## 6-day Continuum Movement Retreat

20-25 February 2017  
Israel

*“The movement of the fish and the movement of the ocean are one, and the fish swimming in the ocean, does not know that...”*

Emilie Conrad

The skin is the outer cover of our body, the layer that defines the border between the inside and outside of our unique form. Who are we under our skin? What is alive, what lies hidden or dormant? Where does our skin start and where does it end?

That veil between ourselves and what surrounds us can be seen as a process, a passage of information, light and fluids. In Continuum Movement sounds and breaths allow often held layers of defense and separation to soften, and slowly to melt into rest and openness. We are led to discover, that we are **being breathed** and **being moved** by the wave and the fluid mystery, that moves our environment.

In this six day retreat, we create a container to provide a deepening of the Continuum practice. It is an invitation to explore ourselves in the safety of the resonant field of the group. We will have time to layer the sequences, and in that way visit new places inside of us. Diving deeply, with times of silence and possible all-nighters in the dark. Surrendering into that depth, we can travel beyond the cultural and personal identification and limitations of our skin, finding new movements, new perceptions and a fresh expression within and without.

Like the fish diving in the ocean, so is our human existence on this planet: inner and outer are ONE.

**Batyah Schachter** (1961) is dancer/ choreographer and since 2012 authorized Continuum Movement Teacher. She collaborated with musicians and dancers in improvisation and created solo performances. Since 1989 she is faculty member of the Jerusalem Academy of Music and Dance. As a doctorate student at the Hebrew University, Batyah is writing her thesis on movement representations in the art of the Ancient Near East. Her papers on the subject have been published in Europe and Israel.

[www.continuummovement.com/teachers/batyah.html](http://www.continuummovement.com/teachers/batyah.html)

**Volker Moritz** (1971) works as psychologist, sexologist and bodyworker in his practice in Amsterdam (Netherlands). He is the first authorized Continuum Movement Teacher and Wellspring practitioner in the Netherlands. He teaches world-wide the integration of body, mind and spirit, with care and depth, in his unique and natural way.

[www.volkermoritz.com](http://www.volkermoritz.com)



**The workshop will be taught in English and Hebrew. Continuum experience is required.**

**For information and registration:  
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