

# Silence + Flow



## *Continuum Breaths, Sounds and Movements*

with Volker Moritz

**19-21 October 2018**, (10-17 h, start on first day at 11 h)

**Amsterdam**, Studio Naar Zee Yoga, Bert Haanstrakade 102, IJburg

When we dive back into the ocean, we encounter a world of incredible depth and silence. At the same time, everything moves and flows in a perfect, primordial order and in its own, very specific, rhythm.

In Continuum we use special breaths and sounds to tune into these harmonious and regenerating wave motions and pulsations. The body connects again with its original internal rhythm. The deceleration, depth and silence can be experienced directly.

This workshop is for all participants who want to explore their bodies in new ways, beyond the known paths or ideas of movement. The exercises connect you with your existing potential. Experience in Continuum is not necessary.

**Costs:** Early bird price until July, 15th: € 250,-. After that € 300,-.



**Volker Moritz** (born 1971, South Africa) works as psychologist, sexologist and bodyworker in his practice in Amsterdam. He was authorized by Emilie Conrad, founder of Continuum, and is so far the only Continuum Teacher and Wellsprings 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.

More info and videos:

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

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