



## Heart Spaces, Part 2

8-10 March 2019, 10-17 h

De Ruimte, Weesperzijde 79a, Amsterdam

An explorational journey into the deepest core of your inner self. From the heart as an organ, to the energetic heart, to the cosmic heart. The resonance field, that we can access and deepen with the sounds and breaths of Continuum. We strengthen the hearts perception and develop compassion.

In this 3-day workshop, we have the time to listen to our heart and express it. How does the heart communicate? What are the qualities of the different layers of the heart and the pericardium? What is the interplay of the diaphragm with the heart? What is the movement of the heart in space? What does the heart need in these times, in the emotional and spiritual sense?

From the inner exploration, the communication with the field of the group and the "big heart" is created.

Continuum awakens and explores the primordial movements of the fluids and the ancient wisdom associated with it. The heart is the central point of this genius network.

This workshop is open to all who want to experience or deepen the contact with themselves, the body and its place in the world in a new way. Continuum experience is not necessary.

Costs: € 300,- (Should money be a problem, please contact the organizer.)



**Volker Moritz** (1971) is psychologist, sexologist and continuum teacher. In combination with the bodywork of the Maoris from New Zealand, he works in his own practice in Amsterdam. Volker gives international workshops on healing, body awareness and spirituality in his very own, sensitive and natural way.

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### Registration and information:

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We are looking forward to this journey together!