



# The Elements

*with Continuum Breaths, Sounds and Movements*

Workshop by Volker Moritz

**13 -15 November 2020**

(Friday 18-21 h; Sat + Sun 10-17 h)

'De Ruimte', Weesperzijde 79 a, **Amsterdam**

**What is the composition and choreography of our body? How can we play with, learn from and be the Elements? Come inside and play: Earth ~ Water ~ Fire ~ Air!**

Exploring who we are, through new movement, sound, and breath combinations. Understanding our body, opening for a nourishing dance of silence. Diving through emotions and species-inclusive expressions. Finding freedom inside our bodies and through the origins and connectedness of all life forms.

With a special focus on 'Jungle Gym' for resilience, bone health, and strength.

This workshop is for all people, no matter what color, weight, shape, age, body or health you bring. Experience in Continuum or other movement practices is not required.

**Costs:** Early bird until 20 September 2020: € 270,-. After that € 320,-.



**Volker Moritz** (born 1971, South Africa) works as psychologist, sexologist and bodyworker in his practice in Amsterdam. He was authorized as Continuum Teacher and Practitioner by Emilie Conrad, founder of Continuum. He teaches worldwide the integration and trust within our bodies, with care and depth, in his unique and natural way.

For information and registration please contact:

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