

תנועה בין ממדים **CONTINUUM**

## **The Art of Being Fluid With Linda Rabin - Canada**

**21 – 23 May 2020**

**Vertigo Eco Art Village, Israel**

At the most intrinsic level of our organism, like the ocean, we undulate, pulsate, arc and spiral. We are movement, the movement of water on land. In this workshop, we will practice breaths and vocalized sounds, engage in non-patterned micro movements and larger gestures that stimulate the fluidity of our tissues and cells.

We will take time to feel the sensations that rise into awareness, to savour the streams of movement that teach us about adaptability, our capacity for change and transformation. Carried by a flow greater than our individual self, we find ourselves riding the waves of life, of this planet and of the universe.

I invite you to join me in this adventure, where participants are encouraged to embark at their own pace, in the creative spirit of inquiry and discovery.

Come and explore the unexplored within.

**Fee (including meals and studio accommodation)**

**1200 NS - Early Birds – Till 20<sup>th</sup> April 2020**

**1350 NS – Full Fee**

**No prior experience required**

**CONTACT : Batyah Schachter +972-54-4521688; Leela Shalem +972-54-7737655**

**Linda Rabin** brings to her teaching 50 years of experience in the fields of dance, movement education, coaching and directing. In her early professional life she was a choreographer, dance teacher and co-founder of l'École de danse contemporaine de Montréal (founded in 1981). Linda is deeply engaged from 1990 in somatic areas, she is a certified practitioner of Body-Mind Centering®, and a Continuum teacher, trained by Emily Connard, the practice that is at the heart of her teaching today. As an international Continuum workshop leader, Linda teaches Continuum in her native Montreal, in Canada, Europe and Asia.

<https://www.continuumteachers.com/teacher/rabin>

