

# Continuum Weekend: Boulder, Colorado

## Entering the Invisible Garden Taught by Gael Rosewood

Continuum is a movement exploration that brings us back in touch with a form of listening, allowing and participating with an inner language of the body — an unfolding of sensations and movement impulses. Pure participation in the process of breathing, sounding and moving spontaneously helps relieve us of ideas, beliefs and cultural roles that inhibit the body's desire for greater ease and more vitality. Eternal echoes of primordial wisdom blend with the Now while the vast orchestration of life feels as alive within as in the heavens. *This is a unique inquiry into integrating our human nature, animal nature and spiritual connection.*

**When:** October 27 & 28 from 12:00-6:00 pm

**Where:** Be Center, 1676 30<sup>th</sup> St, Boulder, CO 80301

**Registration:** Contact Heather Starsong  
(303) 449-6208 or [hstarsong@gmail.com](mailto:hstarsong@gmail.com)

**Cost:** Early bird special by September 30<sup>th</sup> \$195 / \$245 regular rate



Gael Rosewood met Emilie Conrad and Susan Harper, founders of Continuum, in 1978. Thus began her many years of love and devotion to this practice and inquiry. Gael last taught with Emilie in January of 2014. After Emilie's death, Gael became a teacher for the Wellsprings program that was developed by Emilie and Robert Litman. She maintains a private practice of Roling and teaches classes internationally.



For more information:  
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You may pay on line by going to  
[www.gaelrosewood.com](http://www.gaelrosewood.com) under "Contact"