



Vashon Wellsprings Retreat: Tending the Cadence of Winter Stillness

with Robert Litman & Gael Rosewood

December 28 – January 2, 2018

Based on the visionary work of Emilie Conrad, founder of Continuum Movement, this workshop furthers her inquiry into the power of movement as medicine. Healing, growth, and development are all variations of the same event. To meet oneself with engaged awareness of these processes is an act of generosity toward self. This kindness penetrates our ability to adapt and respond to the demands of our lives.

After the helter-skelter of the holidays, give yourself the gift of quiet, of dark, the sound of rain, a fire in the hearth and the gentle companionship of others tracing their pathways of dreams, sensations, and silence. Dynamic stillness is a portal to multi-dimensional information and nourishment. This time follows the tradition of Emilie's emphasis on hybernative practices which resonate with the restorative cycle of winter, the bottom of the exhale.

The peace and beauty of this secluded setting allows us to be enfolded within nature's elements – the soft support of the mossy earth, the breath of alive air, bird songs and the play of light all serve to bring us back to our true nature.

Logistics: Plan to arrive on the evening of December 28th for a group dinner. Sessions begin at 10 am on the 29th and end with lunch on January 2nd.

Tuition: Early bird special by November 30th \$575.00 or \$625 thereafter.

Meals: All food is clean and lovingly prepared with special needs accommodated at the cost of \$250.00.

Lodging: Space is limited at this season for staying on the property. It is a dorm style accommodation with shared bathroom and kitchen. \$250.00 per bed (or per couple)

It is also possible to stay down the road in a B&B accommodation. Prices may vary and reservations should be made well in advance.

Contact: robert@thebreathablebody.com or gaelrosewood@gmail.com for registration and information about location, lodging and meals.

Go to www.continuumwellsprings.com for more information about Robert and Gael and Continuum.

All levels of experience welcome!