

# Sea Dreams

## Continuum on the Atlantic Ocean

with Robert Litman & Cory Blake on the North Carolina Outer Banks

**September 28<sup>th</sup> – October 5<sup>th</sup> 2019**

As we approach the 3rd decade of the 21st century we are aware of the velocity of life and the many demands on our time, finances, and planet. **We intend to keep the cost of this retreat to \$900.**

**We write you now to determine whether this is the right time for this offering.**

**Please let us know** at your earliest convenience if this calls to you and the likelihood of your attending.

**THE OCEAN** dreamt us, and calls us now to a new dreaming. Imagine 7 days with her: moving on her beach, immersed and sounding into her waves; scanning her undulant vastness from the deck of an ocean front beach house surrounded by your fluid, breathing and heartfelt Continuum community. You take her body into your body. You remember her body is your body.

**WHAT DREAMS** will you bring: ones that dissolve memories or patterns that do not serve you? Ones that initiate new vision and life rhythm that will? Will you come for rest and restoration? Will you come to remember the fire? Will you come to dive into the mystery? Will you come to offer yourself to life?

**IN THE WEEKS** before this gathering, we will tune to one another in virtual online meetings to prepare the communal field. We will co-create Continuum dives as portals, practices and inquiries, but intend primarily to be open and available to the emergent unexpected.

**IN COMMUNION** with the sea and each other, we will tune ourselves to the essential and mysterious “nowplay” of love. We will draw power from the wildness of the sea, from dreams, from each other and from loving sensory awareness.

**WE ASPIRE** to hold the container of this time lightly, and imagine substantial time in both silence and authentic social aliveness. We will arrange simple nourishing meals tailored to support the individual and the community.

**THIS OCEAN CONTINUUM** gathering is designed for people with Continuum experience. If it appeals to you and you are new to Continuum, please seek out a local teacher and contact Robert or Cory to discuss.

In All Event, we wish you Passion and Peace and Fluidity,

Robert & Cory

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We are interested in renting a cottage that will lodge between 15 and 20 folks. Just to give you an idea, here are a few we're looking at on North Carolina's Outer Banks.



**ROBERT LITMAN** has spent the last 30 years guiding clients and students in the use of movement, breath and sound as a tool for personal growth, restoring healthy breathing rhythms, structural alignment, and efficient body mechanics. He is the creator of The Breathable Body workshops.

He co-developed the Wellsprings Practitioner Program with Emilie Conrad, founder of Continuum Movement and co-taught with her for 18 years. As a member of the faculty of Continuum Movement he made many contributions to Continuum's practices, particularly in the sciences, incorporating respiratory physiology, neuroanatomy and cellular biology.

Robert has been studying with Susan Harper, creator of Continuum Montage, for over 20 years and has co-taught with Susan. He has an advanced certification in the Duggan/French Approach to Somatic Pattern Recognition, which has provided him with hands on skills to help guide clients' movement and breath education awareness processes.

He created the The Breathable Body in 2003 after being certified in The Buteyko Method of Breathing Retraining.

Robert now makes his home on Vashon Island, WA, continuing to offer private sessions and classes in movement and breathing. He regularly leads classes and workshops.

**CORY BLAKE** came to Continuum through the ocean and music. My teacher, the Mexican mystic, poet, and guitarist Jesus Silva, introduced me to the idea that music and nature herself were the best teachers. If I really listened deeply, everything I needed to know about music, and living a beautiful life, would be revealed. When Emilie and Susan opened me to Continuum in the early 90s, that truth became visceral; an organic authenticity that spread throughout my entire being. Like so many, coming to Continuum was coming home.

Training in Yoga, Tai Chi and meditation was also ground from which I slipped into the waters of Continuum. Although much of my livelihood over the last 40 years has come from teaching in universities and other settings, I think of myself more simply as one who shares what he loves. After 10 years as a music therapist, Duke Certified Health coach, and Continuum teacher working with veterans, I co-authored the book "Overcoming Post- Deployment Syndrome" that espoused Continuum principles. Because Continuum nourishes us right where we are, I have enjoyed working with a remarkably wide spectrum of people: enlightened mid-journey women, paraplegics, 20-year-old hot shot guitarists, banged up war veterans, and the elderly.

I have co-created a Continuum community in Richmond, VA. When I am privileged to listen to, wonder, and share with a person or group, the question that most informs our inquiry is: How would we be and how would we move if our being and movement were expressions of simple kindness?