

CONTINUUM RETREAT

Den Levende Krop



BORNHOLM DK 16th to the 19th of MAY 2019

Explore Resonance

With Anne Sophie Anciaux and Jeanne Jensen

JOIN US FOR THIS CONTINUUM RETREAT AT A BEAUTIFUL PLACE IN THE NORTH OF ISLAND BORNHOLM IN DENMARK

"Resonance is the primary link like an umbilical cord supplying vital nutrients. Resonance is a primary healer, carrying an intelligence far beyond our hability to comprehend"

– Emilie Conrad

Anne Sophie and Jeanne have been teaching continuum and somatic movement practices for over 25 years Yoga, BMC, Rolf Movement, Fascial Flow and others.

During the retreat that is surrounded by powerful landscapes - the sky's, soft hills and the ocean - we will intend to resonate with the scene, spaces, gravity and silence, to allow ourselves to awaken our senses and bring back the fluid experience to support our sense of being carried by the River of Life.



ANNE SOPHIE ANCIAUX

Sensitive to the movements of life under all their forms, my bodily approach brought me to explore various forms of dances and practises of yoga (certified since 1996 in its education by André Van Lysebeth). Trained in Continuum Movement by Emilie Conrad and Susan Harper and certified to teach it since 2006. Introduced to the BMC by Bonnie Bainbridge. Certified to practice yogatherapy by Lionel Coudron and trained in Fly Yoga by Florie Ravinet. Those various approaches of movements help me to explore the creative forms of expression of Life.

JEANNE JENSEN

is an Advanced Rolfer[®] since 1990 and Rolf Movement[®] since 1998. Continuum movement teacher by Emilie Conrad in 2003 until her death in 2014. Jeanne has studied with Peter Levin, Hubert Godard and Body - mind centering and many other teachers. From the inspiration from all the somatic movement, Jeanne has developed the movement method Fascial Flow[®]



TO BOOK:

BE. Anne Sophie Anciaux.
asanciaux@gmail.com
Chor&Ame asbl
DK. Jeanne Jensen.
jeannejensen@mail.dk
www.denlevendekrop.dk

Location: Bolbyvej 7,
3782 Klemensker, Bornholm DK.
<http://www.birca.org>

**Dates: 16th may 2019, 2 pm
until 19th may 2019, 1 pm**

Price: Earlybird € 700 until 18th feb.
€ 800 for payments after.

A € 200 non-refundable deposit will
secure your place.



You can pay in Danish kroner or Euro. This cost includes food and accommodation in shared rooms. The cost of flights and transport is not included.

There is a maximum of 10 places, so you are recommended to book early.

Booking policy: There is no refund but you are welcome to send another person in your place if you cannot attend.