



### **Emilie Conrad**

Emilie, the founder of Continuum, is considered a visionary whose work is incorporated by an international audience of professionals from fields such as Roling, Zero Balancing, Hellerwork, CranioSacral, Osteopathy, Physical Therapy, Dance, Psychoneuroimmunology, and Physical Fitness. Her love for movement inspired her to discover the essential, primary movements common to all life forms, that lie beneath cultural influence.

A featured teacher, lecturer, and keynoter, Emilie's capacity for innovation has become an inspiration to the field of Somatics, movement education, and physical fitness. From 1974 to 1979, Emilie was the movement specialist in a research study conducted by Dr. Valerie Hunt at UCLA. This ground-breaking study demonstrated that primary movement is essential to our ability to innovate new neural pathways and to create a nourishing intrinsic environment which can mediate disease processes as well as aging.

Emilie is the author of *Life on Land* recently published by North Atlantic Press.



### **Suzanne Scurlock-Durana, CMT, CST-D**

For more than twenty five years, Suzanne has taught and mentored in the area of conscious awareness and its relationship to the healing process. She is passionate about teaching people practical skills that allow them to feel the joy of being present in each moment of their lives, without burning out. To that end, she recently completed and published a book and companion CD, *Full Body Presence: Explorations, Connections and More to Experience Present Moment Awareness*.

She is a certified instructor of CranioSacral Therapy and SomatoEmotional Release with The Upledger Institute. Based on decades of teaching healthcare practitioners how to hold a healing space for themselves and others, Suzanne developed the Healing From the Core curriculum and complementary audio series. She teaches both curriculums internationally. She also provides ongoing staff development training at the Esalen Institute and collaborates regularly with Emilie Conrad, integrating Continuum movement and healing presence.

A sought-after speaker in her field, Suzanne inspires healthcare providers all over the world to stay energized using her life-changing tools for stress management and full-body presence.

# Continuum and the Healing Process

**Emilie Conrad**

and

**Suzanne Scurlock-Durana**

## Waves of Consciousness

October 16—20, 2009

In their thirteenth year of cutting-edge collaboration between the movement world of Continuum and the hands-on world of CranioSacral therapy, Emilie Conrad and Suzanne Scurlock-Durana continue to pursue the vastness of the human experience.

Our concern in these tumultuous times is to deepen our potential to source ourselves in greater life-supporting ways. Our current capacity to be present is an accumulation of all of our experiences up to now; our goal is to increase this experiential range. The facility to fully feel our bodies as a vibrant flow of moving energy with healthy boundaries and with resources that are life-enhancing becomes ever more vital in today's world. The artistry of life is dependent upon the loosening of our defensive postures that compromise the richness of existence. Once loosened, we have access to the energy of love, of eros. Suzanne writes in *Full Body Presence*, "The energy of love is what causes the ignition of the alchemy of true healing to take place; transforming tight, painful, wounded places into connected, healed components of who we are. When this alchemy is complete, out of our deepest wounds can come our greatest gifts."

All bio cosmic information arrives in waves but often cannot penetrate our dense, conditioned tissue. Tissue restrictions - from a cellular level through our organ structures and out to our skin - repel the richness of bio-cosmic information. This leaves us experiencing the world from the narrow perceptual lens of linear time. When we are missing the capacity to sense what is going on in the present moment of our bodies, the only alternative is to orient ourselves through our past history locking us into a repetitive informational circuit.

Emilie writes in *Life on Land*, "Movement = nourishment = information." Breath and healing sound - coupled with conscious awareness - are some of the most effective means to develop sensory receptors within our tissue structures, as well as expanding our time/space orientation. In this workshop we will combine the non-invasive touch and presence of CranioSacral therapy with the spacious inner world of Continuum to release old, limiting patterns, whether conceptually or physically. This allows us to step into our full body presence, where we feel the cellular radiance effortlessly exuding a unifying atmosphere feeding all that we do, create and touch.

This course is designed for health care practitioners of all levels as well as anyone wanting to learn about using Continuum in a healing way. The only prerequisite is that you know how to touch non-invasively.

**\*CEUs available (30 contact hours) NCBTMB Category "A" Provider  
Satisfies 2 or more hours toward the ethics requirement\***

More info or to register online: [www.HealingFromTheCore.com](http://www.HealingFromTheCore.com) or call (703) 620-4509

**Location:** Unitarian Universalists Church, 1625 Wiehle Ave., Reston, Virginia 20190

**Hours:** Friday 10/16 10:00 am—6:00 pm  
Saturday 10/17 Noon—6:00 pm  
Sunday 10/18 1:30 pm—6:30 pm  
Monday 10/19 Noon—6:00 pm  
Tuesday 10/20 9:00 am—5:00 pm

**Cost:** \$745 if paid in full by Sept 16th; \$795 thereafter

