



BODY LAB

Continuum Explorations - One Year Round - Part 1

with Volker Moritz

Diving into your fluid body with new movements through vocalized sound scapes and breath sequences. Discovering the vitalizing, nourishing, and regenerative answer of nature's organic intelligence.

"Movement is the Message and the Messenger."

Emilie Conrad, founder of Continuum

Studio FreshTracks
Eerste Helmersstraat 102 1/2
Amsterdam

6 Sundays in 2025 - 10-17 h
Part 1 - First half of the year:
12 January
23 February
16 March
13 April
11 May
1 June

Every day is a new subject and a complete workshop in itself.
Per one-day workshop € 120.
All days together: € 600.

No experience needed. All bodies, shapes, colours, genders, ages and sizes are welcome!



SCAN ME

For more info and booking:
www.volkermoritz.com