



CONTINUUM WORKSHOP

SERPENT~POWER

We dive into the quality of the serpent, her wisdom, and her movements.

In this way, we explore our vertebral serpent and the cerebrospinal fluid flowing within it, awaken our tongue, and complete the process with the ouroboros.

The breaths and sounds inform your body, opening new spaces of movement, and have a regenerating and transformative effect.

Continuum is a somatic practice, developed by body pioneer and visionary Emilie Conrad (1934-2014). It is dedicated to the primordial and fluid nature of movement and body.

Continuum is suitable as an everyday awareness practice, for stress regulation and self-care. It can be meditatively, or in a dynamic form as a workout.

Suitable for all ages, all body types, and all constitutions!

Registration and information via Corinne Leemann:
workshop@corinneleemann.ch

Early bird price until July 1st: CHF 300
From July 1st: CHF 350

18-19 October 2025
10:00 - 17:00 h

with Volker Moritz

in Zürich
(Switzerland)



www.volkermoritz.com