

CONTINUUM on Thursday Evenings

7:00 - 10:15 PM

Continuum Studio
18th St. Arts Complex
1629 18th St., Suite 7
Santa Monica, CA 90404

EMBODYING SPIRIT with Malcolm Groome

We come together in community and create a safe place where we can explore an Embodied Spirituality. Night dives based on Continuum movement, breath, and sounds take us deep into the consciousness of our bodies, and put us in touch with a bio-energetic intelligence that cues us into a fluid movement that allows us to decompress and self-heal. We expand spherically into a multi-dimensional energy field, where we are nurtured by its richness into a coherent Wholeness.

*We work with a theme in each class to provide a context of meaning for this oceanic experience. Metaphors and meditations based on ancient traditions suggest a roadmap for your own individual inquiry into consciousness, as we dwell on that mystical threshold between form and formlessness, transmuting the limitations of time-space into Timelessness and Spaciousness. Particular attention will be paid to how this work can translate into a way of Being that is more in flow, more grounded, more joyful
- a life more fully lived!*

on the following Thursdays in 2010:

February 4, 11, 18, 25
March 4, 11, 18
April 8, 15, 22, 29
May 6, 13, 20, 27
June 3, 24
July 1, 8

(no classes in August)
September 2, 9, 16, 23
October 7, 14, 21
November 4, 11, 18
December 2, 16

Single class \$30; Series of 4 classes \$100

*New students are asked to contact Malcolm first at: otorongo@earthlink.net
Schedule updates given by email: contact Malcolm if you'd like to be on the list.*

Malcolm

is an authorized Continuum teacher and shamanic practitioner who teaches workshops in the United States and Europe. Originally from North Carolina, he has traveled the world to visit sacred sites, studying Advaita Vedanta and Raja Yoga in India, Tibetan Buddhism in Nepal, and Shamanism, Umbanda and Spiritism in Peru and Brazil. A practitioner of Vipassana, Tantra, and Dzogchen, he is also trained in various modalities of bodywork, was on the healing staff of Actualism, and is a third-degree Reiki master.



www.OtorongosLair.com