

**February, 26th: 11h-18h**

**Strolling under the skin: Continuum movement and Fascial flow**

*For this edition we focus on the fascinating world of fascia or connective tissue. Fascia is a continuum in itself linking muscles, bones and tendons. It provides flexibility and tension support to our body. Diving into fascia, under the skin, finding mysterious paths of fluid movement and vitality.*

*Your facilitators are Tatiana Galibus, Continuum movement teacher in training and Anne Sophie Anciaux, Fluid Yoga, Continuum and Fascial Flow teacher: <https://www.asanciaux.com/>*

**SCHEDULE:**

*11h-14h: CONTINUUM MOVEMENT practice*

*Breath, movement, sound and sensation are essential elements of Continuum helping us to witness the inherent wave of the body fluids*

*: <https://continuummovement.com/essential-elements-of.../>*

*15h-18h: CONTINUUM PLAYGROUND and FASCIAL FLOW practice*

*Continuum Playground is using the same essentials as Continuum Movement, but exploring in a more dynamic and playful mood. We redefine the notion of fitness, strength, core and flexibility. <https://www.continuumteachers.com/about/playground>*

*Fascial Flow is a sensory approach to posture and movement, based on: body awareness, posture stability, body orientation in space and our relationship to the world.*

*For whom: dancers, movers, explorers, somatic researchers, yoga practitioners, anyone wishing to find a way to your soma and heart.*

*PLACE: Studio Joji, 18 RUE DE LA GLACIERE - ST GILLES.*

*Price: 60 euros*

*FB event: <https://www.facebook.com/events/500784185370808>*

**Contact and registration: [tan2tan@gmail.com](mailto:tan2tan@gmail.com) , Tatiana Galibus**