



Donnalea Van Vleet Goelz: An introduction to Continuum Movement®



Donnelea is the executive director of Continuum Movement®, founder and owner of [Cobalt Moon Center](#) in Neptune Beach, Florida. Discover the introduction to Continuum Movement® and its integration with the polyvagal system, using sound, breath and movement.

TOP EMBODIMENT TIP: Breathe and Move

Donnelea's Intention

- I am really very interested in discovering what goes on in the body during trauma. What's going on in the body, and what is helping someone really be able to connect and learn how to self-regulate. Being able to go inside and learn tools of regulation could make a real change and the whole world, as nowadays we live in a traumatized world.

What is Continuum Movement?

- An inquiry into what it means to be a human being.
- A way of exploring yourself as a cosmic and planetary process.
- In Continuum we recognize the body as immutable and multi-functional. Containing that process that is not defined by boundaries. What Continuum causes is movement, a dance of cells and molecules, an entrepreneur trading in motions. All of these movements stabilize in order to function in the environment of Planet Earth.
- Continuum is when you're slowing down and being present, it actually is giving you the tool to connect to your body in such a deep way that you do start to learn how to self regulate.

Polyvagal Theory

- There is a need for safety. If you don't feel safe, then you're being corrupted by your nervous system and it's really hard to be fully present and fully embodied. If your body is still caught back in the past, you are acting in accordance with your learned patterns. What continuum allows for you is to be alive in the present in the now. Then you can start feeling safe and regulating your body. Then the whole thing of the past trauma starts losing its power over you.

Resources

- ❖ **Website:** continuummovement.com
- ❖ **Books:** Founder of Continuum Movement Emily Conrad: **Life on Land**
Bessel van der Kolk: **The Body keeps the Score**



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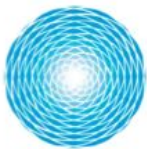
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](#) and the co-founder of the global conscious dance community [OneDanceTribe](#). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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