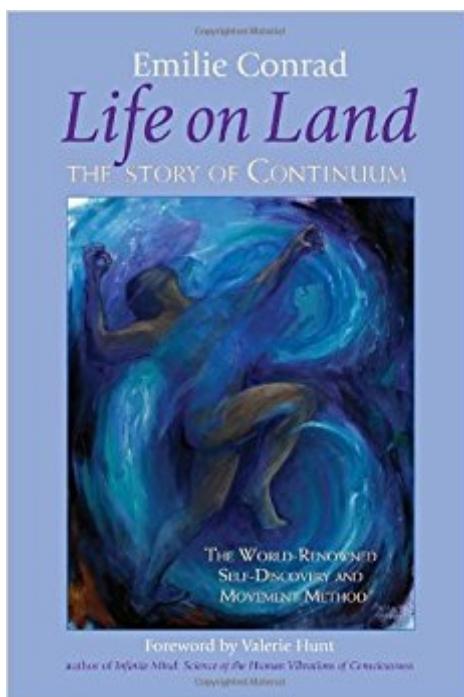


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# Life On Land: The Story Of Continuum, The World-Renowned Self-Discovery And Movement Method



## Synopsis

Emilie Conrad's approach to movement education, health, and healing is as varied and deeply textured as her life story. In *Life on Land*, she interweaves the story of her Brooklyn childhood and discovery of dance with the psychic and physical collapse that led to the development of Continuum, her groundbreaking movement and self-realization technique. Readable, poignant, and ultimately triumphant, the book melds Conrad's unique theories of the body-mind frontier with fearless discussions of Jewish heritage, sexuality, female identity, and social pressures.

## Book Information

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## Customer Reviews

“In *Life on Land*, Emilie Conrad offers us pulsating stories and bold insights into unscripted awakenings. This book engages those of us who dare to perceive our primordial self in the mystical and practical journey through oceanic depths of existence. Rich and alive. A great book.” • Bonnie Bainbridge Cohen, founder and educational director, The School for Body-Mind Centering and author of *Sensing, Feeling and Action* “In this magnificent volume, Emilie Conrad details her courageous journeys from the raw movements of jazz through the ecstatic rituals of Haiti to the pulsing rhythms studied by neuroscience • weaving these seemingly disparate worlds together into a discipline for those of us who have to find our way through the confusions of this strange era. This book gives a clear sense of the origins of Conrad's healing work and its major implications for reshaping a more humane

world. • Don Hanlon Johnson, Professor of Somatics, California Institute of Integral Studies and author of *Everyday Hopes, Utopian Dreams* | Emilie Conrad boldly unfolds the larger mystical and practical implications of her lifework, positing a “life on land” in which both the human body and consciousness can be restored to its original fluid, innate, intelligent participation in the cosmic dance of life. A provocative and thoughtful distillation of an extraordinary life and inspired work from one of our somatic elders and healers, rooted in direct shamanic experience and wisdom. • Amanda Foulger, faculty member of the Foundation for Shamanic Studies

Emilie Conrad, the founder of Continuum, was born and raised in New York City where she studied ballet and Afro-Haitian dance. After moving to Los Angeles in 1963, she began teaching at the Actors Studio, where her novel approach to movement helped performing artists and led to her choreographing and directing numerous plays and performance works. In 1974, Conrad pioneered a protocol for spinal cord injury, and from 1974 to 1979 she was Movement Specialist in a research study conducted by Dr. Valerie Hunt at UCLA. This groundbreaking study demonstrated that fluid, primary movement is essential in our ability to innovate. Enhancing these fundamental movements has a potential to create a rich intrinsic environment that brings forth new insights in our understanding of the human body and its potential to create alternate systems. Considered a visionary in movement education, Conrad’s inspiring work has been incorporated by an international audience of professionals from fields such as Rolfing, Zero balancing, Hellerwork, Craniosacral therapy, Osteopathy, physical therapy, dance, Psychoneuroimmunology, and physical fitness. She teaches Continuum workshops around the world.

Emilie Conrad’s book is a stunning masterpiece. Her deep intelligence, caring heart, and passion for life permeate every page. And she writes like a wizard. By the end of the book the reader knows what Continuum is down to her very bones. There is also a section explaining basic Continuum movements in a way that anyone can understand and practice at home. I think the ultimate joy would be to experience a workshop with Emilie. I also read Bonnie Gintis’s *Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum* and must imagine that Emilie Conrad is exceedingly grateful that she had no “medical training” to muddy her experiential waters. Bravo, Emilie!!

“Life on Land” by Emilie Conrad is a unique autobiography and the path of her life leads to the

discovery of her unusual talents and her new perceptions of the world around us.

I think Emilie is an amazing and inspiring writer, I relate to many of her bodily discoveries on textured levels... I'm saddened to hear of her recent health issues and I'm hoping to continue my discovery of continuum work.

Her book creates an opening for those trapped in darkness and paralyzed in their own body. To heal the body, mind and soul by exploring and returning to our original state. Imagine a world where fear is replaced with love, "an atmosphere of love". An incredibly, wise woman.

this is a fascinating body of work and a great sharing of emilie's life. I am a yogi and teach yoga so I found it helpful in finding the fluidity of one's body and where we came from long ago.

Emilie has successfully labored to convey to in written words descriptions for something that has no language. Let's talk semantics. To convey ideas via words, one is limited to the relation between signifiers: words, phrases, signs, and symbols, and what they stand for, their denotation. But she is trying to talk to us from a world of movement, kinesics (body movement), haptics (touch) and energy. One idea of hers that I love is that discovery, the learning of something new, requires that one must first "not know", or be ready to give up what they think they know. She describes some amazing discoveries in a very humble way, conveying mostly a sense of gratitude that she was ignorant enough to not realize for example that working with a polio patient to restore movement was futile. She says, "If one were in the movement business, what better way to understand movement but from scratch." Her work to restore movement, documented on film and by Drs., has been explained by the fact that while muscle cells can't regrow, there are undifferentiated cells that can be imprinted as muscle cells. Her description of what fluid resonance is has changed the way I think and move and breathe. She fluidly expresses the ideas of science, poetry, philosophy and anthropology. She speaks beautifully invitingly across to us from a place of experiential understanding while writing in a deliberate heartfelt way that helps the reader bypass conditioned conceptual modes of taking in new ideas. Bravo to her!

I had the great privilege of working with Emilie Conrad, who was an extraordinary teacher and visionary in the field of somatic consciousness and movement. Her work with spinal chord injuries and polio alone were brilliant and ground breaking, but her wisdom reaches far beyond the physical

form. This book takes you on the journey of Emilie's life and the birthing of Continuum and it's continual unfolding. Liquid poetry flows onto the pages of this most profound book. I hope someday she will also be widely recognized for her beautifully articulated and poetic writing. She was way ahead of her time!

I have just learned that Emilie Conrad passed away in her sleep on April 16, 2014 and I am somewhat saddened to realize that I will never experience her as an embodied teacher. It makes me feel even more grateful that she has written this book as a poetic road map of her experiences, discoveries and her life inquiries. Because of people like her who were honest and uncompromisingly faithful to the body and its mysteries, many of us have been offered the privilege to also go deeply into our bodies to experience the freshness and freedom of un-patterned life force surging and rippling within. Thank you Emilie for Life on Land, for Continuum and for teaching my teacher ~ blessings on your richly lived life and shared wisdom!

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