

## Continuum Movement

“I am a spinal chord injury patient. Following an accident 14 years ago I am unable to walk or even stand. There is no sensation or control from my waist down. Neurosurgeons told me there was nothing they could do and I lived with constant back pain. Six months ago I learned the Continuum Movement exercises and for the first the time in many years I am pain free. I practice the healing daily and it brings instant relief. The stiffness in my back and legs disappears and my confidence and inner happiness has returned.” Saima Khan, Dubai-based coordinator for Starwood Hotels.

Continuum Movement’s founder Californian Emilie Conrad was a dance choreographer who studied tribal dance in Haiti before she created this complementary therapy now used worldwide. Healer Mala Jham has studied the art directly from Conrad and now teaches it in Dubai. “Continuum is a unique field of movement education that can be incredibly liberating,” says Mala. “Through it we discover that movement is not just something we do, it is what we are. Our breath, the sounds we make, how we move and the sensations we feel are all part of us. Continuum releases these important components and in return we get a great sense of wellbeing.”

According to Continuum, our breath is considered the source of all movement. “Since our bodies are mostly made up of water, Continuum emphasizes fluidity,” continues Mala. “Creating wave motions within our bodies by using a variety of breaths and sounds are important components of the discipline.”

“Continuum can be easily learned and can help anyone gain mobility and fluidity. Because it is a very gentle art, it can be especially useful in healing both internal distress and very serious injuries like spinal cord trauma.”

## Practical information

Mala runs Continuum Movement workshops on demand. It takes around three hours to learn the basic movements that can then be practiced daily at home. Contact Mala directly for pricing (her standard rate is AED 460 hourly). For more information and contacts visit [www.malajham.com](http://www.malajham.com).