



Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum

Bonnie Gintis

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Engaging the Movement of Life is an invitation to discover new ways to experience health and embodiment. Osteopathic physician and Continuum Movement teacher Bonnie Gintis offers an approach that encompasses fluid movement, open attention, and awareness of sensation and breath as empowering practices to enrich all aspects of life. She presents a philosophy in which the body is a portal to “something greater”—an opportunity to join a grand experiment in deepening consciousness and connectedness.

Moving fluidly increases our vitality, just as water in the natural world is vitalized by flowing freely. Chronicling a path that encompasses views of body, mind, and spirit as a self-healing intercommunicating whole, *Engaging the Movement of Life* is equally useful for medical professionals, bodyworkers, exercise enthusiasts, and spiritual seekers.

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