

# Essential Melting

## Deepening into Fluid Body with Continuum Movement

WITH **CHERIONNA MENZAM-SILLS** PHD, OTR, RCST®



FRIDAY, MARCH 16, 6:30 - 9 PM

\$25 (\$20 if received by March 2)

Awakenings, 1016 SE 12<sup>th</sup> Avenue, Portland, OR 97214



## RETURN TO YOUR NATURAL BALANCE!

We are designed to live in balanced rhythm, our tissues coalescing into action, then melting and rejuvenating. This dissolving so essential to our health and well-being is often missed in our fast-paced world. The gentle breaths, sounds, movement and subtle awareness of Continuum return us to our natural fluidity, balance and resilience.

*Cherionna Menzam-Sills is an authorized Continuum Teacher. She incorporates over 30 years experience teaching and practicing various therapies and bodywork. She currently teaches Biodynamic Craniosacral Therapy and Continuum across North America. She has recently moved to the UK where she has a private practice.*

Local contact Margaret Kerndt: [margaretkerndt@gmail.com](mailto:margaretkerndt@gmail.com) or 971-409-7524

Register online: <http://www.cherionna.com/classwrk.html>

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