

# MELTING INTO LOVE

## Opening our Hearts with Continuum Movement

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



TUESDAY, MARCH 27, 11 AM – 2 PM

\$35 (\$30 if received by March 1; special discount for Cherionna's cranial students/grads! \$25)

The Movement Centre, 533 Baker St., Nelson, BC



## COME TREAT YOURSELF!

Resting and melting with the gentle breaths, sounds, movement and subtle awareness of Continuum, we find our hearts opening. We are nurtured within a field of love that is our birthright. Our old defensive patterns begin to dissolve as we discover new levels of safety and settling.

*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, and assists her husband, Franklyn Sills, in teaching in Europe. She has recently moved to the UK where she has a private practice and regular Continuum classes.*

**Registration & information: Heather Hutchinson** [heathhut@gmail.com](mailto:heathhut@gmail.com) 250-229-4682

**More information:** [www.cherionna.com](http://www.cherionna.com)

*Private sessions available in the p.m.*