

CONTINUUM IN RELATIONSHIP

a Continuum Movement Exploration

with Cherionna Menzam-Sills

Allow the fluid creativity and presence of Continuum into your relationships!

Would you like to be more **aware of your body** while talking with a friend?

What if you experienced your **heart open** and exuding love with your partner, boss, friends, colleagues, or even the people you walk past on the street?

Continuum is a gentle practice involving **breath, sound, movement and awareness**. It is an ongoing inquiry into **our fluid nature** and how dissolving old patterns can support our health, well-being and presence. As we slow down, our hearts, minds and bodies open. Our relationships can also shift and deepen.

This workshop offers a **creative field of discovery** in which to melt **beyond past habits** and emerge into **what is possible with yourself and with others...**

Where: Ashprington Village Hall,
Ashprington, Totnes TQ9 7UL

Times: 12th February, 10 a.m. - 5 p.m.

Cost: £45 (£35 if received before 31st January)



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

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