

EMBODYING EMBRYOLOGY

A Continuum Movement Exploration
with Cherionna Menzam-Sills, PhD, OTR, RCST

Floating quietly in our private ocean, we begin as a single cell. We mysteriously organize our developing body tissues around an energetic midline. Exquisitely expressing bio-cosmic intelligence, our human form emerges & continues emerging throughout our lives.

In this **3-day workshop**, we use gentle sounds, breath & movements of **Continuum** to return to fluid rhythms we know in the womb. Inspired by pictures & descriptions of embryo development, we cultivate our embryonic intelligence. We learn to access its soothing potency in daily life.

Learn directly from your own body how this miracle occurs. Tap into this mystery to support your health and creative responsiveness in your daily life now!



WHEN: Friday - Sunday,
March 9 – 11, 12 – 6 p.m.

WHERE: MBS Precision Pilates
and Wellness, Pointsettia
Professional Building, 7220
Avenida Encinas, #207, at
extreme south of Ralph's
Shopping Center, Carlsbad, CA
92011

COST: \$200 (\$150 if received
by February 9; \$250 at the door);
Friday only \$75 (\$95 at the door)
if space allows

BRING: Mats or blankets to lie
on, journal, your favorite non-
messy art materials, food &
drinks for light lunch & snacks

**LOCAL CONTACT &
REGISTRATION:** Peggy
Reynolds-Olsen 760-809-7081
peggy@peggyolsen.com or
REGISTER ONLINE:
www.cherionna.com/classwrk.html

CHERIONNA MENZAM-SILLS began teaching Embryology through Movement in 1997 as part of her doctoral studies in Pre- & Perinatal Psychology. Cherionna is an authorized Continuum teacher. She also practices & teaches practitioner trainings in Biodynamic Craniosacral Therapy across North America, as well as teaching with her husband, Fanklyn Sills, throughout Europe. Biodynamics involves perceiving and augmenting embryological forces to support health and well being throughout the life span. Cherionna has recently re-located to England, where she has a private practice.

Cherionna draws on over 30 years experience as a therapist. She is committed in her work & life to embodied presence. This workshop is the expression of years of study and creative exploration of our journey of fluid embodiment.