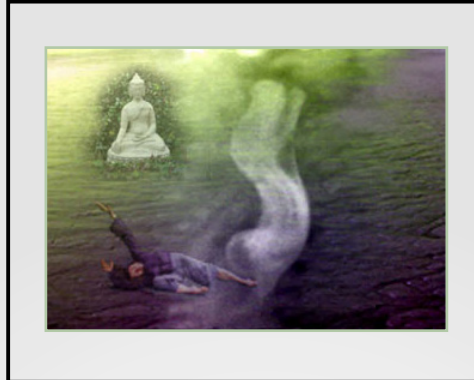


# ENGAGING FLUID MINDFULNESS a Continuum Movement Exploration

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

Mindfulness. Slowing down. Being present with each moment. Subtle body awareness. Stillness. Opening our hearts. Living compassion.

Continuum is an intriguing practise, using gentle breaths, movement, sounds, & subtle awareness to deepen into primordial, cellular consciousness. Returning to our fluid nature, our minds quiet, perception widens, & old patterns dissolve.



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

**SATURDAY, 21ST APRIL, 10:30 AM – 5 PM**

**£45 (£35 if received by 2<sup>nd</sup> April)**

**Venue: TBA, Bath**

**One-day Workshop**

**No previous experience necessary**

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

**Registration: [cherionna@cherionna.com](mailto:cherionna@cherionna.com) or 07801 515865  
or REGISTER ONLINE at [www.cherionna.com/classwrk.html](http://www.cherionna.com/classwrk.html)**