

THE FLUID BODY

Encountering the Depths of our Being with Continuum Movement

WITH CHERIONNA MENZAM-SILLS PHD, OT, RCST®



TUESDAY, SEPTEMBER 20, 11 AM – 2 PM

\$25 (\$20 if received by September 1)

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



COME IMMERSE YOURSELF!

Revive, rejuvenate, rest, and rebirth within the nurturing fluid field we create together. We use the gentle breaths, sounds, movement and subtle awareness of Continuum to return to our fluid body and deepen into our essential Health.

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 250-229-5280

More information: www.cherionna.com

Private sessions available in the p.m.