

# The Fluid Body

## Deepening into Essential Health with Continuum Movement

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



FRIDAY, SEPTEMBER 30, 6:30 - 9 PM

\$25 (\$20 if received by September 15)

Awakenings, 1016 SE 12<sup>th</sup> Avenue, Portland, OR 97214

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**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. She has recently moved to the UK where she has a private practice.

Local contact Margaret Kerndt: [margaretkerndt@gmail.com](mailto:margaretkerndt@gmail.com) or 971-409-7524

Register online: <http://www.cherionna.com/classwrk.html>

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

*Individual Sessions: Monday, Sept. 26*