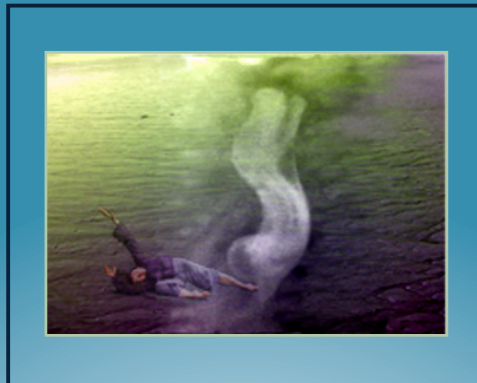


# THE FLUID BODY

## Diving into the Primordial with Continuum Movement

WITH CHERIONNA MENZAM-SILLS PHD, OTR, RCST

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. *You can experience more fluidity, flexibility, and resilience in every aspect of your life!*



**Cherionna Menzam-Sills** is an authorised 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.

SUNDAY, 22 JANUARY, 10:30 AM – 5 PM

£45

Stroud, Venue TBA

Registration: Hannya Melrose: [hannya.melrose@virgin.net](mailto:hannya.melrose@virgin.net) / 01453 751 816

or Dawn Morgan: [dawn@shapshift.co.uk](mailto:dawn@shapshift.co.uk) / 01453 750 608

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