

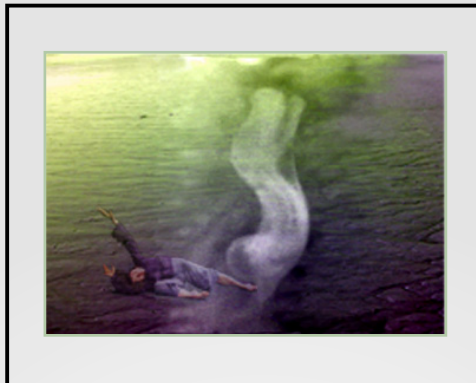
# THE FLUID BODY

## Weekly Continuum Movement Class

WITH CHERIONNA MENZAM-SILLS PHD, OTR, RCST

**Do you long to move more fluidly? Experience less pain? More energy? Or just to slow down?**

Revive, rejuvenate, rest, & rebirth within the nurturing fluid field we create together. We use the gentle breaths, sounds, movement & subtle awareness of Continuum to return to our fluid body & 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 teaches Biodynamic Craniosacral Therapy and Continuum across North America and Europe. She has recently moved to Devon, where she has started a private practice.

3-HOUR CLASS; TIME & VENUE TBA

£10 drop in; £45 for 6-week series

Registration: Cherionna Menzam-Sills: [cherionna@cherionn.com](mailto:cherionna@cherionn.com) or 07801 515865

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