

FLUID HEALTH

Engaging Original Potential with Continuum Movement

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

Do you long to move more fluidly? Experience less pain? More energy? More resilience? 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.

SUNDAY, 15TH JANUARY, 11 AM – 5 PM

£45 (£35 if received by 3rd January)

Ashbrington Village Hall, near Totnes, Devon TQ9 7UL

Registration: Cherionna Menzam-Sills: cherionna@cherionn.com or 07801 515865 (after 19th December)

More information at www.cherionna.com or Robert Moore: 01364 643100 (before 19th December)