



Deepening into the Fluid Body ***with Continuum Movement*** ***with*** ***Cherionna Menzam-Sills***, PhD, OTR, RCST

“We are basically fluid beings that have arrived on land.” - Emilie Conrad

Our bodies are made up mostly of water. We are designed to flow through our lives, resiliently meeting whatever we encounter. Life on land, particularly in our sped up 21st century, can interrupt that flow.

In this **one-day workshop**, we use breath, sound, movement and mindful awareness to slow down and deepen into our fluid nature.

DISSOLVE OLD PATTERNS!

ENLIVEN & REJUVENATE YOUR BODY!

FEED YOUR CREATIVITY!



No previous experience required.

When: Saturday, June 18, 10 a.m. - 5 p.m.

Where: Church of Truth, 111 Superior St., Victoria, BC

Cost: \$80 (\$65 if received by May 18); Pre-registration highly recommended

Registration: Christine Knussmann 250-388-7988 or cknussmann@gmail.com

Cherionna Menzam-Sills is an authorized Continuum Teacher with over 30 years experience as a therapist. She has recently relocated to the UK. She also teaches Biodynamic Craniosacral Therapy and is available for individual sessions in Victoria June 19. For appointments please contact her directly at cherionna@cherionna.com.

Cherionna offers the wisdom born of her own deep healing journey and the playful creativity of one dedicated to the embodiment of our fluid nature.

More details available at www.cherionna.com
For more information and to pre-register
please contact Christine at 250-388-7988 or cknussmann@gmail.com