

Waters of Life

A Continuum based body (and life) exploration



Waters of Life...
**In honor of that which sustains us, a
Continuum exploration.**

In this six week virtual series we will explore sounding and attention techniques that will help open us to the waters of our being.

We will sound, move, and be moved.
Join us!

When: April 16, 23, 30, May 7, 14, 21
9:00am-11am MDT

Where: In the comfort of your own home or wherever you choose to be, but wrapped in our mutual field together.

Zoom link will be given at registration.
\$90 for the series if paid before first class.
\$20 per class for drop ins
(must be arranged before each class)

**Register by April 8th
at myfluidnature.com**

If you are new to Continuum, please reach out to touch base before registering.