

Waves of Life

A Continuum based body (and life) exploration



Waves of Life...

In every moment, we have a chance to know the dance, the spiral of ourselves.

In this three week virtual series we will explore sounding and attention techniques that will help us know, blend, and engage with our Life unbound.

We will sound, move, and be moved.

When: June 11, 18, 25
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.
\$45 for the series if paid before first class.
\$20 per class for drop ins
(must be arranged before each class)

**Register by June 4th
at myfluidnature.com**

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