

Fluid Strength

A Continuum based body (and life) exploration.



Fluid Strength...
A virtual Continuum series.

In this virtual four class series we will explore sounding and attention techniques that will help us to feel into our fluid being, accessing the strength within.

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

When: Sept 3, 10, 17, 24
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 after registration.
\$60 for the series if paid before first class.
\$20 per class for drop ins
(must be arranged before each class)

**Register by August 30th
at myfluidnature.com**

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