

Welcoming Autumn A Virtual Continuum Workshop

As we move into the season of autumn in the northern hemisphere we can follow nature's cues, letting the fullness of our color shine, cultivating the fruits of our growth from the summer, and getting ready to release, let go, and prepare for the winter months.

In Traditional Chinese Medicine, Autumn relates most closely to the organ systems of the lungs and large intestine. This is an ideal time to offer special attention to these systems within our being. It is a time to be with both the beauty of what is and release what no longer serves us.

In this workshop space we will be with these two organ systems intimately while also broadening our attention into the expression of our body as a whole, the planetary, and cosmic bio intelligence.

The full workshop retreat time together will allow for the luxury of extended exploration, movement, and listening time (away from the screen), as well as extra reflection time through journaling and sharing.

**Please consider joining me for this special day of discovery.
November 7th 9:30-1:30**

Register at myfluidnature.com (under virtual class section)

**\$35 if registered by October 30th.
\$45 if registered after.**

Zoom link will be provided after registration.

***If you are new to Continuum please reach out to me before registering at kori@myfluidnature.com.**

Visit myfluidnature.com for more information about Kori or Continuum.