

Emergent Breath

A Continuum based body (and life) exploration.



Emergent Breath...
A virtual Continuum series.

In this virtual four class series we will follow the spirals of the breath, using sounding and attention that will help us to feel into our ever-present companion, witnessing and moving with our life dance from within.

Join us!

When: October 8, 15, 22, 29
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 Oct 1
at myfluidnature.com**

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