

Winter's Wisdom A Virtual Continuum Workshop

As we move into the heart of winter, in the northern hemisphere, we can follow nature's cues- deepening into the dark, rich places of our being, taking time for restoration and pause.

In Traditional Chinese Medicine, Winter relates most closely to the organ systems of the kidneys and bladder. This is an ideal time to offer special attention to these systems, which in TCM also include our bones and nervous system. It is a time for introspection and for the nurturing of our body's "jing" (life essence).

In this workshop space we will be with these organ systems intimately. We will also take time to broaden our attention into the expression of our body as a whole, the planetary body, 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, starting our new year together, from a place of discovery moving through our depths.

January 3rd 9:30-1:30 MST

Register at myfluidnature.com (under virtual class section)

\$35 if registered by Dec 24th.

\$45 if registered after.

Zoom link will be provided in the welcome letter 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.