

# Restorative Being

A Continuum based body (and life) exploration.



## Restorative Being...

In this four week virtual Continuum series we will use breath, sound, and attention to explore through opportunities of restoration.

We will drop, with intention, into the deep well of eternal resource and let ourselves fill up, drink deep, and share.

*When: Jan 19, 26, Feb 2, 9  
9:00am-11am MST*

**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.**

\$72 for the series if paid before first class.  
\$22 per class for drop ins  
(must be arranged 48hrs before each class)

**Register by Jan 16th  
at [myfluidnature.com](https://myfluidnature.com)**

\*If you are new to Continuum please reach out to Kori before registering.