

Body Alive

A Continuum based body (and life) exploration.



Body Alive...

In this four week virtual Continuum series we will use breath, sound, and attention to inquire into, foster intimacy with, and open to the movement of our bodies.

Freedom, possibility, and strength are right here, in the very fibers of our being.

*When: March 23, 30, April 6, 13
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.

\$72 for the series if paid before first class.

\$22 per class for drop ins

(must be arranged 48hrs before each class)

**Register by March 20th
at myfluidnature.com**

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