

Change-Ability

A half day Continuum workshop focused on metamorphosis

Taking our cues from the season of spring, as buds begin to find their opening, and the ground begins to soften, so too can we find our places of opening, softening, and transformation.

Using breath, sound, and attention we will attune to our Primordial being.

We will explore through ritual metamorphosis, consciously shedding outworn skins and ways of being, listening and cocooning into and through liminal space, and opening to what is newly alive.

We will dis-cover and let ourselves be moved.

Please consider joining me for this afternoon of somatic inquiry.

**Move to Center Studio
Boulder, CO
April 29th 1:00-5:00pm**

Please register by April 24th at myfluidnature.com

Investment- \$45

****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.

