

Diving into the New Year- Alive, Movement.

In this half day workshop we will take time to be together, in celebration and honoring of the current magnificence of what we are-
alive, Movement.

Using breath, sound, and attention we will attune to what feels present, listening and feeling for the subtiles of the pulse of life that we are.

We will explore, opening to what feels fresh in our being, setting the tone for the New Year.

The extended workshop time will allow for sharing, journaling, creative expression, as well as of course, diving.

Please consider joining me for this half day of somatic inquiry.

We will meet virtually, in the comfort of your own home, or wherever you choose to be.

January 6, 2024!
9:30-1pm MT

Please register by Jan 2nd at myfluidnature.com
Investment- \$40 if registered by Dec 1st
\$45 if registered after

*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.