



# **Solstice-** **a time to dive, in the dark,** **together.**

**Taking our cues from the winter solstice, we too will let ourselves be in the blanket of low light, and take sacred time to home into the dark of being.**

**When the darkness is landed into and embraced, when we allow ourselves to be in the practice of “unknowing”, we open the door to knowing in ever new and fresh ways, the potentials of coming light.**

**Using breath, sound, and attention we will attune to our depths and be with emergent movement from there.**

**Together, we will explore through candlelit ritual, cocooning in, feeling into the possibilities of liminal space, restoration, possibility.**

**We will rest into what is and let ourselves be moved.**

**Please consider joining me for this evening of somatic inquiry.**

**Move to Center Studio  
Boulder, CO  
Dec 21st 7-9 pm**

**Please register by Dec 17th at [myfluidnature.com](http://myfluidnature.com)**

**Investment- \$25**

**\*If you are new to Continuum please reach out to me before registering at [kori@myfluidnature.com](mailto:kori@myfluidnature.com).**

**Visit [myfluidnature.com](http://myfluidnature.com) for more information about Kori or Continuum.**

