

Wake Up and Love.

A Continuum based body (and life) exploration.



Wake Up and Love...

A virtual Continuum series.

What does it look like to greet the day with
with intention from the love that we are?

Let's find out together.

In this four week series we will greet the day
with alive inquiry, letting ourselves be
moved, as we sound and care in, and open
ourselves to sounding and care out.

It starts with your yes.

When: July 4, 11, 18, 25

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 July 2nd

at myfluidnature.com

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