

DEEPENING INTO THE WATERS OF LIFE

A Continuum Movement Retreat with Cherionna Menzam-Sills, PhD, RCST & Jane Okondo, MA, RSMT, RCST



We are made up primarily of water. Yet our fluidic nature remains mysterious. Why are we so watery? Why do we experience so much stiffness, stuckness and fatigue? And how can we develop more vitality, flexibility and resilience?

Emilie Conrad, founder of Continuum Movement, asked these and similar questions in her almost 50 years of somatic investigation into our fluid bodies. In this special 5-day retreat, we will immerse together into a field we co-create with the breaths, sounds, gentle movement and mindful awareness of Continuum. We will continue the inquiry Emile initiated into our fluid character and the benefits it has for us.

Together, we will deepen into a communal field of safety and deep listening, where we can discover the health, rejuvenation, creativity and immense potential beyond our patterns and habits. The retreat will include an extended time (2-3 days) in silence, where we can slow down, resting into even subtler listening and movement in resonance with the rhythms of nature, expressed in the embryo, the earth and the cosmos.



“The fluid presence in our bodies is our fundamental environment: we are moving water brought to land..”

- Emilie Conrad, founder of Continuum Movement

**Please note: this is an intensive retreat intended for those with at least 5 days previous experience with Continuum Movement. For workshops with Jane or Cherionna please refer to their websites.*

WHEN: Wednesday - Sunday, October 21st - 24th, 2015
arrive 2 pm Wed - 4 p.m. Sun

WHERE: Gayle's Retreat, Friston, East Sussex BN20 0BA

Gayle's is set on 10 acres of land adjacent to farmland (An Area of Outstanding Beauty), The National Trust Crowlink Estate & Friston Forest.

COST: £525 (£465 by September 1st) includes meals and 4 nights accommodations

MORE ABOUT CONTINUUM:
www.continuummovement.com

MORE INFORMATION, online registration & application form go to link on our websites:

Cherionna Menzam-Sills
www.cherionna.com
cherionna@cherionna.com
07801 515865

Or Jane Okondo
www.lovesbody.co.uk
jane@lovesbody.co.uk
07500 838563

CHERIONNA MENZAM-SILLS is an authorised Continuum Movement teacher. She also practices & teaches practitioner trainings in **Biodynamic Craniosacral Therapy** across North America and Europe, often with her husband, Franklyn Sills, throughout Europe. Drawing on over 35 years of experience as a therapist, Cherionna currently lives in Devon, where she has a private practice. She is committed in her work & life to embodied presence.



JANE OKONDO currently lives in London and is a **Biodynamic Craniosacral Therapist, authorised Continuum Movement Teacher**, and Integrative Somatic Therapist. Jane has also studied, and integrated into her practice, Embodied Developmental Psychology, Somatic Trauma and Authentic Movement. In 2010 she co-founded the Somatic Movement Gathering, a regular event for celebrating UK practice.