



# **Spirals of Life with Continuum**

**A Fluid Movement Workshop with Jane Okondo**

**24 January 2016, Bristol, UK**

**Experience the deep oceanic nature of our being.**

**As we drop into a more internal focus we become more receptive and can perceive how our body is communicating to us through undulating spirals of sensation and movement that invigorates and nourishes every cell**

**Experience how moving from a fluid awareness frees our body, brings balance to the flow of our energy and our sense of containment and structure, and enables our nervous system to find a new level of relaxation and dynamic balance.**

**Venue: Yogasara, 10-12 Picton Street, Bristol, BS6 5QA.**

**Cost: £65. To book go to: [www.lovesbody.co.uk](http://www.lovesbody.co.uk) or online payment - please ask Jane for details.**



**Jane is an authorised Continuum Movement teacher. She has a private practice in Craniosacral therapy, Continuum and Somatic Movement therapy and is based in Blackheath, London, UK.**

**For more information about Continuum and the workshop contact:  
Jane: 07500 838 563 or [jane@lovesbody.co.uk](mailto:jane@lovesbody.co.uk)**

**For general information about the weekend please contact:  
Sheena: 07899727279 or [sheena.mcmahon@yahoo.co.uk](mailto:sheena.mcmahon@yahoo.co.uk)**

**[www.lovesbody.co.uk](http://www.lovesbody.co.uk)**