

DISSOLVING STRESS AND TRAUMA

with Continuum

with Cherionna Menzam-Sills, PhD, RCST, ISMETA RSMT/E

CONTINUUM, developed over almost 50 years by the late EMILIE CONRAD, is an **enquiry into our fluid nature**, and its effect on our **health and well-being**.

Emilie Conrad noted that “movement isn’t something we do; we are movement.” Our natural fluidic movement can become frozen due to **stress, trauma** and the **speed of life**. We may experience freezing, dissociation, anxiety, body pain, stiffness.

Continuum involves **slowing down, mindful awareness, and orienting to what feels good and new**, all helpful in healing the effects of stress and trauma.

In this **special workshop**, we explore how trauma and stress affect tissues and nervous system. With subtle **movement, mindful awareness** and **breaths** and **sounds of Continuum**, we support our **return to natural fluidity**.

* **Dissolve old patterns!**

* **Recover your intrinsic sense of movement, health, well-being, fluid resilience, creativity and aliveness!**

In this workshop, we will

*Review how stress and trauma affect the body-mind, including the neuro-anatomy of stress

*Explore the power of slowing down and orienting to wholeness, support and resource

*Engage the breaths, sounds, gentle movement and subtle, mindful awareness of Continuum to discover and dissolve old patterns and enhance choice

*Recover our original potential for fluid movement, resilience, creativity, enjoyment, health and well-being



3-Part Series in 2018:

1. *Fluid Oxytocin* – February 9th – 11th

2. *Journeys Down the Oxytocin Highway: Exploring the Vagus Nerve with Continuum* – June 1st – 3rd

3. *Dissolving Stress and Trauma with Continuum* – November 2nd – 4th

“A living organism contains a vast potential for innovation by containing an intelligence that can elicit new pathways to optimize internal life processes. What may appear to be frozen and dormant can throb with currents of life, all of it taking place within the profundity of a fluid recapitulation”

– Emilie Conrad, founder of Continuum Movement, *Life on Land*

WHEN: 3rd in 3-Part series in 2018 (**Attend one or all; 100€ discount for 3 workshops**)

Friday 18:00 – Sunday 16:00, November 2 – 4th, 2018 (Series dates include: February 9th – 11th, June 1st – 3rd)

WHERE: Arcadia, near Banyoles, Spain (Girona) – www.arcadia.cat

COST: 335€ before September 1st, 2017; 365€ after September 1st, 2017.

Includes room in triple rooms and board for 2 nights. Non-refundable 135€ deposit reserves your space. **100€ Discount if enrolled for all 3 workshops!**

*Space limited. Pre-Booking Essential. Workshop taught in English with Spanish translation.

BRING: Mats or blankets to lie on, journal, your favorite non-messy art materials

REGISTRATION: Lin Vermeiren: 690179969

biodinamicaperinatal@gmail.com

MORE INFORMATION & Optional Online Registration:
www.birthingyourlife.org

CHERIONNA MENZAM-SILLS worked closely with founder of Continuum, **Emilie Conrad**, the last decade of her life. Emilie authorized Cherionna to teach Continuum in 2007. Cherionna teaches both Continuum and practitioner trainings in Craniosacral Biodynamics around the world, often teaching with her husband, Biodynamics pioneer, Franklyn Sills. Also a Prenatal and Birth Therapist, Cherionna facilitates small womb surround process workshops to support healing early trauma. She lives in the UK, where she has a private practice, currently emphasizing online mentoring and supervision.

Drawing on 40 years experience as a therapist, Cherionna is committed in her work & life to embodied presence. This workshop is the expression of years of study and creative exploration of our journey of fluid embodiment.

