

JOURNEYS DOWN THE OXYTOCIN HIGHWAY

Exploring and Awakening the Vagus Nerve 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**.

Oxytocin is a hormone supporting **love, bonding and attachment throughout life**, beginning with the **birth process**. Its function is closely associated with the **Vagus Nerve**. **Stress, trauma** and the **speed of life** can interfere.

This workshop is inspired by recent research indicating that **stimulating the Vagus nerve** can profoundly affect our **health, enhancing recovery from stress and trauma**. Researched methods of Vagus nerve stimulation include activities used in **Continuum**, like **deep breathing** and **vocalized sounding**.

Continuum incorporates subtle **movement, mindful awareness** and a variety of **breaths and sounds** supporting **return to our natural fluidity**, and **dissolving old patterns** in our tissues and nervous systems.

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.

In this workshop, we will

*Review the anatomy, functions and recent research on the Vagus nerve and oxytocin

*Explore the ground breaking work of Stephen Porges and his Polyvagal theory

*Stimulate the Vagus nerve with the breaths, sounds, gentle movement and subtle awareness of Continuum

*Discover the possibility of enjoying the flow of oxytocin in our own bodies.



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

“Increasing the flow of information revolutionized society. Increasing the flow of information in the body, you’re revolutionizing the body. I think you’re putting the body back where it should be.”

“Movement = nourishment = information”

– Emilie Conrad, founder of Continuum Movement

WHEN: 2nd in 3-Part series in 2018 (Attend one or all; 100€ discount for 3 workshops)

Friday 18:00 – Sunday 16:00, June 1-3, 2018 (Series Dates include: February 9th – 11th, November 2nd – 4th)

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

COST: 335€ before March 31st, 2018; 365€ after March 31st, 2018. 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

