

Living Into Spring A Virtual Continuum Workshop

As we move into spring, in the northern hemisphere, we can follow nature's cues. We can allow ourselves to feel into new direction and our capacity to grow towards the emerging light and energy of the season.

In Traditional Chinese Medicine, spring relates most closely to the organ systems of the liver and gall bladder. This is an ideal time to offer special attention to these systems. With this in mind as part of our exploration, we will play, inquire, sound, and listen, devoting attention to not only these organs and related tissues, but to the parts of ourselves governed by these systems.

We will also take time to broaden our attention into the expression of our body as a whole, the planetary body, and the cosmic bio intelligence that runs through it all.

The full workshop retreat time together will allow for the luxury of extended exploration, movement, and listening time (away from the screen), as well as extra reflection time through journaling and sharing.

Please consider joining me for this special day of honoring the season of spring, within and without.

April 17th 9:30-1:30 MST

Register at myfluidnature.com (under virtual class section)

\$35 if registered by April 7th.

\$45 if registered after.

Zoom link will be provided in the welcome letter after registration.

***The workshop will be recorded for those who want to participate, but cannot attend live.**

***If you are new to Continuum please reach out to me before registering at kori@myfluidnature.com.**

Visit myfluidnature.com for more information about Kori or Continuum.