



# ***Embodying Biodynamics*** ***Exploring the Craniosacral System*** ***with Continuum Movement*** ***with*** ***Cherionna Menzam***, PhD, LMT, OTR/L, RCST

Our bodies are made up mostly of water. We are designed to flow through our lives in fluid resonance with the Cosmos. The speed of modern life as well as unresolved traumas in our personal histories interrupt that flow.

**Biodynamic Craniosacral Therapy** and **Continuum Movement** both help us to slow down and return to our fluid natures so as to enhance health, well-being, and aliveness on all levels.

In this monthly workshop, we use breath, sound and movement to support different anatomical and physiological structures essential to healthy craniosacral function. You will learn about Craniosacral Therapy while enjoying the innovative expressions of Continuum within the field of a supportive, nurturing community.

*No previous experience required.*



**When:** Saturday, March 22, 1 - 5 p.m. (next workshop April 12)

**Where:** Continuum Studio, 18th Street Arts Complex, 1629 18th St., Ste. 7, Santa Monica

**Cost:** \$45 (\$35 if received by March 30); Pre-registration highly recommended

**Cherionna Menzam** has practiced Craniosacral Therapy since 1991. She is an authorized Continuum teacher and incorporates Continuum into her Biodynamic Craniosacral Therapy practice and classes across North America. A therapist for 30 years, she draws on her varied experience as Occupational Therapist, Massage Therapist, Dance/Movement Therapist, BodyMind Psychotherapist and Prenatal and Birth Therapist. Cherionna holds a PhD in Pre- and Perinatal Psychology and an M.A. in Somatic Psychology and has taught graduate students in both fields. She has a private practice in Santa Monica.

*Cherionna offers the wisdom born of her own deep healing journey and the playful creativity of one dedicated to the embodiment of our fluid nature.*

**More details available at [www.cherionna.com](http://www.cherionna.com)**

**For more information and to pre-register**

**please contact Cherionna at 310-526-6127 or [cherionna@cherionna.com](mailto:cherionna@cherionna.com)**

