



## 100% Liquid Strength™ 4 class workshop series:

### Thursdays in May

Thursday May 8, 15, 22, 29

11:15-2:00

\$120

A The Continuum Studio,  
Santa Monica, Ca.

No experience necessary- this workshop is as gentle or as challenging as you like.

Pre-registration is very necessary.

Let me know right away so I can book the studio.

[Cassmail@earthlink.net](mailto:Cassmail@earthlink.net)

323-850-1680

For more info on Cass go to [www.BioTune.net](http://www.BioTune.net)

or to see video of movement go to:

<http://www.continuummovement.com/teachers/phelps-sch>

This is the strength building aspect of the work. We work with building fluid strength by working in challenging dynamic situation IN gravity... Helps to build personal coherency, hold deeper truth in the world while staying connected to internal knowing, love... and it feels enlivening!



A stress free way to build fluid strength from your essential core... lovelove-lovelovelovelove...

**We will be working with grounding,  
harnessing activating sustain and  
completing.**

**What does this mean? This you  
must experience for yourself.**



Liquid Strength™ with Cass Phelps