



Saturday
JUNE 25th
2022

2:00-5:00pm

\$40 Early Bird

*\$45 Day of
workshop*

Intro to Continuum

When we expand our attention to include the fluid body we open up a whole new range of possibilities in our movement.

Incorporating an awareness of the fluid body adds grace, buoyancy and integrity to yoga postures, sports, walking, and daily functional movement.

*Amy
Pancake
M.A.,
Continuum,
yoga &
meditation
teacher,
RSMT/E*

Register:
www.amypancake.com

Location:
Tree of Life Urban Retreat & Healing Center
312 W. Stassney Lane, Austin 7845