



Being With Summer

A Virtual Continuum Workshop

As we find ourselves in the fullness of summer, here in the northern hemisphere, we can let ourselves be with and be informed by this abundant season.

Living in harmony with the seasons, we thrive in the flow of the nature that is around us, runs through us, and is us.

In Traditional Chinese Medicine, summer relates most closely to the organs of the heart and small intestine. This is an ideal time to offer special attention to these organ 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 intimately informed by these systems.

We will let ourselves be moved by the brilliance of the season!

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

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 summer, within and without.

July 24 9:30-1:30 MST

Register at myfluidnature.com (under virtual class section)

\$35 if registered by June 30th.

\$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.