

A Calm Before the Storm

Restorative Continuum Workshops with Marcella Bottero and Sharon Weil

Saturday November 17 and December 15, 2018 10am-4pm

Healthy holiday treats will be provided.

The upcoming holiday season can be a time of excitement, reunion, and joy. It can also be a time of overextension, stress, and distress—a time when we often put ourselves last in service to the swirl of the season and the year's end.

In these workshops, we offer the nutrients of subtle breath and fluid movement to create a delicious pause at the center of the rush, and provide resources for you to be able to engage fully with whatever comes. Join us, as you rejoin with yourself, developing new ways of relating to the demands of the season from a place of inner calm and expansive adaptability.

Single workshop prior to
November 3 is \$108

Double workshop discount \$180
At the door \$120

REGISTRATION & INFO:

Marcella@still-movement.com

310.994.1257

LOCATION:

1440 Harvard Street
Santa Monica CA 90404

Parking lot in back,
walk up driveway to come
in the front entrance



Sharon Weil is a healing artist, deeply engaged in the conversation about courage, change, and possibility. One of the original authorized Continuum teachers since 2000, she is the founder of The Ageless Body® a Continuum inspired practice for moving with the changes that accompany aging. She is the author of *ChangeAbility, How Artists, Activist, and Awakeners Navigate Change* (Archer/Rare Bird Books 2016). Since 2015, she hosts the *Passing 4 Normal* Podcast, conversations about change. (iTunes)



Marcella Bottero, MA, RCST®, is a body and movement educator. She has been in private practice for over 20 years exploring and incorporating different somatic approaches and how they bring forth one's greatest potential. Marcella has diverse experience and skills including Fitness Trainer, Yoga Teacher, Continuum Teacher authorized by Emilie Conrad, Biodynamic Craniosacral Therapist, and Meditator. Marcella teaches in a supportive, dynamic and effective way cultivating and encouraging each student's potential to be realized and expressed.