

Inhabiting the Sea Within

An Introduction to Continuum Movement
At Yoga Soup in Santa Barbara

Using sound, breath and subtle movement we will dive into our intrinsic fluid and creative nature, moving past our habitual patterns.

*Experience your body as dynamic, intelligent and unlimited
Develop better communication & relationship with your body
Increase bone strength
Explore youthfulness through fluid, creative movement*

**Saturday, June 12, 2010
2 – 6 PM**

**\$45
(\$5 off if registered by June 10)
All levels welcome!**

For registration call 805-965-8811 or www.yogasoup.com

**Yoga Soup
28 Parker Way
Santa Barbara, Ca 93101**

Marcella @ 310-994-1257 or mbfitnow@aol.com



MARCELLA BOTTERO is an authorized Continuum teacher by Emilie Conrad and is a Biodynamic Craniosacral therapist. She has an extensive background in holistic fitness and is a yoga teacher certified by Ana Forrest and Gary Kraftsow. Marcella has been practicing meditation for 15 years in the Vipassana and Zen traditions.