

## What Is Continuum?

Written by Cherionna Menzam-Sills, Ph.D.

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Diving into deepening awareness of the fluid body we inhabit, we find ourselves often beyond

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The sounds we make in Continuum sometimes sound like the beautiful, harmonious tones of a choir, but our intention is quite different from singing. Continuum sounds are usually not projected outward for an audience to hear. They don't need to sound beautiful, although they may. In Continuum, we usually intend to make sounds into our bodies. I think in terms of



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