



Cherionna Menzam-Sills
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Year became RCST: 2003
Year became Approved BCTA/NA Teacher: 2006
Business Name: Birthing Your Life
Primary Location: Devon, UK

About Cherionna: I feel grateful to have studied extensively with John and Anna Chitty, who supported me in starting to teach my own foundation trainings in Santa Monica, CA, Nelson, BC, and Portland, OR. My understanding and practice of this beautiful work deepened immensely through endless discussions with Franklyn Sills. After I moved to the UK and we married in 2010, we taught foundation trainings and advanced courses together at Karuna and around Europe and the US. He encouraged me to write my first book, *The Breath of Life: An Introduction to Craniosacral Biodynamics*, which explores Biodynamics from a feminine perspective. My second book, expressing my great passion for Pre- and Perinatal Psychology, is called *Spirit into Form: Exploring Embryological Potential and Prenatal Psychology*. It is profoundly influenced by both Biodynamics and my other passion, the mindful movement practice of Continuum.

About Her Teaching Style: It is important to me to establish and maintain a safe, welcoming holding field in all of my classes. I support somatic mindful awareness and exploration along with presenting visually creative PowerPoints. I incorporate my years of mindfulness meditation, somatic pre- and perinatal trauma therapies, and support individual inquiry honoring your own style of learning, sensing and communicating.

Related Courses: I am primarily offering online advanced courses, supervision and training, particularly related to my passion for Embryology and Pre- and Perinatal Psychology and trauma. I also teach Continuum, having been authorized to teach by Continuum founder, Emilie Conrad, in 2007. This fluid movement practice mindfully takes us into perceptual territories very similar to those of Biodynamics.