

SUSAN HARPER HEART OF BELONGING
3-DAY MOVEMENT WORKSHOP
JUNE 2-4, 2012 CHAPEL HILL, NC

Everything that happens has the potential to deepen you.

Belonging is a powerful theme, directly related to the capacity for intimacy that is in every human being.

Our understanding of longing and belonging needs to radically change as we grow in this strange journey we call life.



"I am belonging to the sound of the wind, sighing through my body and to beauty that lives in the natural world reminding me 'my nature is nature.'"

I am building a hearth of belonging in my heart where the searing fires of loss and possibility meet and where imagination awakens and healing happens."

Susan Harper

In this 3-day intensive, we explore the relational capacity of the heart. Through movement, feeling and perceptual explorations we refine the compass of our genuine longing and fundamental belonging.

WHAT WILL WE DO?

MOVEMENT EXPLORATIONS

Biomorphic movement and sound explorations stimulate the healing resources of the fluid dynamics, and facilitate a liquid articulation throughout the whole organism. The exercises are self-paced, pleasurable and empowering. We explore the intelligent dynamics of the elements—water, air, fire, earth, and space—in our bodies; deepening our inherent connection to the wild breathing planetary body.

PERCEPTUAL EXERCISES

Susan offers perceptual practices to liberate habits of perception and to awaken an embodied imagination. How we see, listen, and touch affects our physical structure, psychological profile, and capacity for intimacy.

BENEFITS

Fresh heart-based perceiving and moving instantly affects how we relate, and our fundamental sense of belonging. These practices open vital new ways of perceiving, creative imagination, and a deep capacity for presence, resonance and love.

SUSAN HARPER has been teaching and contributing to Continuum since 1975. She is the developer of Em'ceans and Sensations Trainings and with Hubert Godard co-developed Portals of Perceptions. This work is also inspired by Michael Meade, Reggie Ray, David Whyte, John O'Donohue and Chris Price - Gestalt Awareness Practice.



LOCATION: THE RIGMOR HOUSE 5501 Hwy 54 West Chapel Hill, North Carolina

TUITION Three Days: - \$375 Overnight accommodations available for an additional charge

TO RESERVE a space in this training: \$100 non-refundable registration fee payable to: Rebecca Lawson

SEND TO: 912 Damascus Church Road, Chapel Hill, NC 27516

CANCELLATION POLICY: All payments non-refundable after May 2, 2012.

CONTACT: Rebecca 919 932-7548 or Rlawsonh@aol.com www.evolvingtherapies.com ContinuumMontage.com

WORKSHOP TIMES: 10:30am-6pm Bring a lunch.