

SUSAN HARPER HEART WATERS - FLUID PRESENCE

APRIL 16-18, 2010 (PLUS OPTIONAL 19TH) RESTON, VA

This is a context of awakening deep embodied presence and resonance with the unknown in each of our hearts, which is deeply personal and intimately connected to the heart of the world.



You are invited to dive into your heart fire living in the dark, in blood red heart waters, where our essential soul song plays, where grief for the terrible beauty of being alive and profound gratitude meet.

WHAT WE WILL DO?

We move, feel, sound, breathe, slow down, listen, deepen our embodiment, and rest into spacious silence.

Our explorations are based on respect for our body's intelligence as we sense and feel intrinsic movements, and open creative expression. We consciously move in the spiraling undulating language of the fluid dynamics and touch the formative elemental forces that are alive throughout nature.

SUSAN HARPER brings her thirty-five years of experience teaching Continuum Movement internationally to all the work she develops. Susan teaches a Continuum Depths retreat twice yearly with Emilie Conrad and is developing Portals of Perception with Hubert Godard. Susan has also been deeply influenced by the work of Reggie Ray, Robert Sardello, Michael Meade, David Whyte and John O'Donohue.



HEART WATERS - FLUID PRESENCE

Through perceptual exercises we will develop awareness, and heart body resources to build strength of heart, in embodied ways, to support having a passionate aware heart that is responsive in this world.

May this be a context for your soul to awaken, discover, and articulate your heartfelt longings, and offer your discoveries to our world.

LOCATION: Unitarian Universalists Church, Reston, VA

WORKSHOP FEE: \$300 If paid in full by March 16, 2010 - \$325.00 thereafter.

CANCELLATION POLICY: If you need to cancel after April 8th, 2010, we will refund your payment (less the \$50.00 administrative fee for all refunds) only if your place can be filled.

FOR FURTHER INFORMATION CONTACT: The Healing From the Core office (703) 620-4509.

EMAIL: healingfromthecore@comcast.net

WORKSHOP TIMES: Friday Night 7-10, Saturday 12-6pm, Sunday 1:30-6:30pm Optional Monday 10-5am

REGISTER ONLINE at www.HealingFromTheCore.com - our secure website

OR SEND: \$100 deposit payable to: Suzanne Scurlock-Durana, 11417 Tanbark Dr., Reston, VA 20191.

Optional Monday for smaller in-depth group 10 a.m. - 5pm - \$100 - open to those attending the weekend.