

# MEETING THE WORLD WITH HEART SUSAN HARPER

## OCTOBER 20-25, 2010 NEAR HAMBURG, GERMANY

This six-day retreat is devoted to practices of wholehearted attention and perceiving the discoveries of the listening body.

Within the bright fire of the heart we free a strength of love and imagination to participate with the profound gifts and needs of this world.



We develop the heart's imagination, which is loyal to the deeper unity of everything. It can handle contradiction.

It can stay in the tension of being with "what is" AND simultaneously open to new possibilities.

I weep with grief at the devastation in the world AND I dance wildly with passionate joy.

Many of us spend much of our energy protecting our tender, sensitive hearts from being overwhelmed, and from further heart wounds. Through perceptual exercises we will build heart body resources to build strength of heart, to support having a tender, responsive heart. We awaken our generative, full of passion, creative heart.

### WHAT WILL WE DO?

Our emphasis is on the skills of intimacy—knowing and being known, loving and being loved—without obstruction. In solo and partner work we develop the art of inquiry, witnessing, somatic resonance, and relational dialogue skills. Skills to feel, identify, process, and communicate our needs and emotions are developed.

**EXPLORE MOVEMENT IN THE LANGUAGE OF LIFE** - We move, feel, sound, breathe, slow down, listen, and rest. Through movement, perception and new coordination we strengthen the roots of our heart in our legs, feet and pelvis. We express what lives in our heart through the gestures of our hands, arms, and body.

**BUILD SOMATIC RESOURCES** - With perceptive tracking practices, we journey into our heart and body and build somatic resources to heal un-metabolized experiences, and discover new possibilities. We build trust in the wisdom of organismic intelligence, and deepen our capacity for grounded embodiment.

**INQUIRE IN A CONTEXT OF DISCOVERY** - Perceptual practices open the ways in which we attend and liberate unexamined habits of perception. The unknown in each of our hearts is deeply personal and intimately connected to the heart of the world. We will also explore night and day dreams pertaining to the heart.

**SUSAN HARPER** SUSAN HARPER teaches Continuum Movement internationally. She developed: Em'oceans and Sensations Trainings inspired by the teachings of Chris Price - Gestalt Awareness Practice, This work also integrates Perceptual/Movement principles from Hubert Godard, Epistemics - Gary David, Somatic Experiencing - Peter Levine, and exercises from Wendy Palmer. Meditating With The Body teachings of Reggie Ray deepen her personal practice.



LOCATION: Seminarhaus "Außendeichhof Pegasus"  
Außendeich 2, 21732 Krummendeich, Germany (near Hamburg)

TUITION Six Full Days: - □ 630

REGISTRATION AND CONTACT: Anke Wagner (+49) 30 61 62 13 00 e-mail: mail@senseandflow.de

You will receive detailed information with the confirmation of your registration.

WORKSHOP TIMES: We begin at 3pm the first day and end by 3pm on the last day.

Limited to 16 participants This course will be taught in English. Basic English is sufficient. Please register soon.

FOR MORE DETAILED INFORMATION ABOUT SUSAN HARPER EVENTS VISIT: [CONTINUUMMONTAGE.COM](http://CONTINUUMMONTAGE.COM)