

APRIL 2-7, 2010 CHAPEL HILL, NC

SUSAN HARPER EM'OCEANS AND SENSATIONS TWO



EM'OCEANS AND SENSATIONS TRAINING LEVEL TWO

PRACTICE OF AWARENESS OPENING PERCEPTION DREAM WORK
EMOTIONAL/SENSATION ARTICULATION ART OF RELATIONSHIP

Our emphasis is on the skills of intimacy—knowing and being known, loving and being loved—without obstruction.

In 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.

We inquire into ruts of perceptual habit and unexamined thought patterns.

With a depth of imagination we open new possibilities for participating in life.

We build somatic resources - awareness of organismic intelligence, breath, capacity for grounded embodiment, and perceiving the myriad sensations of being alive. Spacious resourced sensations can support us in titrating the difficult sensations, which arise from undigested traumas.

High-quality dialogue skills, and somatic and cognitive tracking skills, will be developed for work with oneself, clients and students in this in-depth professional training.

The primacy of the human heart—to love and be loved—is emphasized. Our essential nature of kindness and openness to life is renewed with loving presence as we honestly meet and heal where we have been wounded and soften where we have hardened in a process of safety and respect.

Continuum Movement, biologically-based sound and movement explorations, facilitate a fluid articulation throughout the whole organism in a self-paced process that is pleasurable and empowering.

SUSAN HARPER teaches Continuum Movement internationally. She developed: Em'oceans and Sensations Trainings inspired by the teachings of Chris Price - Gestalt Awareness Practice, which is a nonanalytic, noncoercive, nonjudgmental practice in which we deepen our practice of being with what is. 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: THE RIGMOR HOUSE 5501 Hwy 54 West Chapel Hill, North Carolina

Overnight accommodations available for an additional charge

Cost: \$850, if Full payment is received by March 1, 2010 (After 3/1 the fee will be \$900.)

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

Refunds after March 1, 2010 will be granted only if your space can be filled

Contact Rebecca at Rlawsonh@aol.com 919 932-7548 www.evolvingtherapies.com

Limited to 14 participants for in depth individual tracking and mentoring.

FOR MORE DETAILED INFORMATION ABOUT SUSAN HARPER EVENTS VISIT: CONTINUUMMONTAGE.COM