



SUSAN HARPER AND PILAR MARTIN

BODY OF PERCEPTION TRAINING 2010

MAR 13-15, JUNE 25-27, SEPT 10-12

SANTA CRUZ, CA

In this series of workshops we enlarge our relational capacity and open our 'potential of action' for participating in life. With presence and active imagination we journey into our perceptive bodies to deepen our inhabitation, to heal un-metabolized experiences, and to discover new possibilities.

This training provides experiential functional anatomy through movement and palpation exercises for self-discovery, strengthening, and coordination of the whole body and psyche. These precise exercises create a strong, flexible and perceptive body that feeds our posture, vitality, sensuality, and creativity as we meet, orient and respond to an ever-changing world.

MARCH 13-15, BODY OF PERCEPTION: BACKING IN THE WORLD

In deepening our relationship with gravity and perceptual spatial orientation, we build a strong sense of safety and security; this gives us physical backing to take risks and meet creative challenges. We perceptively engage the action capacity—the skeletal structure, ligaments, and the striated muscle system to support, protect, and back the container of our soft visceral organs and our emotional expressivity. We will explore backing in the physical, emotional, and spiritual planes to open new potentials of action.

JUNE 25-27 BODY OF PERCEPTION: MOVING IN THE WORLD

The theme for this weekend is exploring how our physical/emotional bodies relate in space; how one stands, pushes, reaches, and moves in the world. We deepen our study of feet, hands and pelvic floor. We move with grace, minimal effort—minimal "me", and elaborate our flow in the world.

SEPT 10-12 BODY OF PERCEPTION: EXPRESSING IN THE WORLD

In infancy, before we stabilize in gravity to sit or to stand, our core is first the place where we take in impression through perception of our world, and where we non-verbally express our inner state, our needs and our love. The theme for this weekend is building the support we need to dare new dynamics of expression of which dwells in seed form and waits to be watered with attention and nourished with genuine emotion. We open our capacity for intimacy-to love and be loved, to touch and be touched, and to navigate the relational realm. We explore the gestures of giving and receiving physically, emotionally and spiritually.



SUSAN HARPER, Continuum Movement teacher, developer of Em'ceans and Sensations Trainings, and with Hubert Godard co-develops Portals of Perceptions.

PILAR MARTIN is a nurse-midwife and somatic practitioner with extensive training in Roling, Visceral Manipulation and perceptual awareness.



LOCATION: Subud Center 3800 Old San Jose Rd Soquel, CA

FEE: \$375 per three day workshop \$900 for all three weekends. 10:30am first day completes by 6pm last day

TO REGISTER: Send a \$100 non-refundable registration fee payable to: Continuum Montage
1653 18th St #3A Santa Monica, CA 90404 Sorry, no credit cards.

CANCELLATION POLICY: All payments non-refundable unless we fill your spot.

CONTACT: Kristy: 310 449-6653 office@ContinuumMontage.com www.ContinuumMontage.com

For local accommodations or more information contact Pilar Martin 831 462-2600 or pilarroling@cruzio.com