

SUSAN HARPER MARCH 23-27, 2011

BODY OF PERCEPTION INTENSIVE

MOVING BODY RESOURCES NEW YORK, NY



The Body of Perception intensive includes exercises from Em'oceans and Sensations, and from Portals of Perception developed by Hubert Godard. These precise exercises create a strong, flexible and perceptive body/psyche that feeds our posture, vitality, and creativity as we meet, orient and respond to an ever-changing world.

The dynamics of how we relate are simultaneously physical and psycho-emotional. We inquire into our core patterns—meeting and healing those that limit us, and enhancing those that bring us openness, connection and depth.

How we exchange with the world and how we relate involves perception. Each perceptual style affects our, posture, movement, and psychological profile; and affects how we relate. Our intent is to open our perception and 'potential of action' for participating in all relational aspects of life.

THE BODY OF PERCEPTION INTENSIVE INCLUDES:

- Physical, emotional, and psychological skills that are specific to working with physical structure perception, and relational dynamics.
- Experiential functional anatomy through movement and palpation exercises brings self-discovery, strengthening, and coordination of the whole body.
- Attention to our interoceptive sensations and the ways we uniquely experience and make sense of sensory input.
- Skills to feel, identify, process, and communicate our sensations, needs, and emotions

We deepen our relationship with gravity and perceptual spatial orientation, which builds a strong sense of safety and security; this gives us physical and emotional 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 bring inquiry to our core, which 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. We open a capacity for intimacy—to love and be loved, to touch and be touched—by the whole of creation.

SUSAN HARPER has been teaching and contributing to Continuum since 1975. She is the developer of Em'oceans and Sensations Trainings, Dreamtime Gatherings, and with Hubert Godard co-develops Portals of Perceptions.



LOCATION: Moving Body Resources 112 West 27th Street, 4th floor New York, NY 10001

WORKSHOP FEE: \$600 Send: \$100 non-refundable registration fee payable to: Mary Abrams

CANCELLATION POLICY: All payments non-refundable after February 23, 2011

FOR FURTHER INFORMATION CONTACT: Mary Abrams 212-206-7542

EMAIL: mary@movingbodyresources.com www.movingbodyresources.com

TIMES: Wednesday 12-6pm, Thursday 10:30-6pm, Friday 1-9pm, Saturday 10:30-6pm, Sunday 10:30-5pm

FOR FURTHER INFORMATION ABOUT SUSAN HARPER - www.continuummontage.com