

SUSAN HARPER AND PILAR MARTIN

BODY OF PERCEPTION PROFESSIONAL TRAINING

MAY 9-15 AND SEPTEMBER 24-29, 2011 SUBUD HOUSE, SOQUEL, CA



The Body of Perception Professional Training is for somatic and psychological practitioners, and is dedicated to opening perceptual skills, and enlarging our relational capacity. In individual and partner exercises, we build somatic and perceptive resources, and develop tracking skills of witnessing, resonance, and verbal and non-verbal dialogue. Group size limited to 16.

It 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.

THIS TWO-WEEK IN-DEPTH PROFESSIONAL TRAINING INCLUDES:

- Physical, emotional, and psychological tracking 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.
- Skills to feel, identify, process, and communicate our needs and emotions. Attention is brought to our interoceptive sensations and the ways we uniquely experience and make sense of our experience.

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, International Continuum Movement teacher, developer of Em'oceans and Sensations Trainings, and with Hubert Godard has been co-developing 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: \$1700 TIMES: 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 after April 9, 2011.

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For local accommodations or more information contact the Continuum Montage Office.