

# OCTOBER 9-12, 2009 SUSAN HARPER ROCHESTER, NY

Our human hearts,  
full of desire to love  
and be loved,  
are being birthed in  
every new experience.  
Each heart contains our  
essential song which dwells  
in seed form and waits  
to be watered with  
attention and nourished  
with genuine emotion.  
Our hearts grow as we live,  
where we live;  
attempting to express  
why we live in this world.



## MEETING THE WORLD WITH HEART

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 spirited joy.

This four-day intensive 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.

### WHAT WILL WE DO?

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 arouse the fire of the heart, to build strength of heart, in embodied ways, to support having a tender, sensitive, and receptive heart.

We attend the Eros of a receiving responsive heart as we awaken our generative, full of passion, creative heart.

**EXPLORE MOVEMENT IN THE LANGUAGE OF LIFE** - We move, feel, sound, breathe, slow down, listen, and rest. With presence and active imagination we journey into our heart and body to heal un-metabolized experiences, to discover new possibilities, and to deepen our incarnation.

**EXPLORE A DYNAMIC RANGE** - From deep meditative stillness we may also dance with juicy roots in joyous abandon in a self-paced process that is enjoyable and revelatory.

**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. May this be a context for your soul to awaken, discover, and articulate your heartfelt longings, and offer your discoveries to our world.

**SUSAN HARPER** brings her thirty-four years of experience teaching Continuum Movement internationally to all the work she develops. Susan teaches a Continuum Depths retreat twice yearly with Emilie Conrad and is developing Portals of Perception with Hubert Godard. With this theme, Susan has also been influenced by the work of Reggie Ray, Michael Meade, Robert Sardello, David Whyte and John O'Donohue



LOCATION: PHYSIKOS in the Village Gate 302 N. Goodman St., 2nd floor Rochester, NY 14607

WORKSHOP FEE: \$385 If paid in full by Aug.15, 2009. \$435 thereafter.

CANCELLATION POLICY: After September 9th, 2009, refund requests will be honored only if your place can be filled. All refunds are subject to a \$100.00 administrative fee.

FOR FURTHER INFORMATION CONTACT: Priscilla Auchincloss at 585.721.4220

EMAIL: psax@frontiernet.net. WEBSITE: physikosmovement.com

WORKSHOP TIMES: Friday 1-6:30pm, Saturday 10:30-6pm, Sunday 1-9pm, Monday 10-5pm

TO REGISTER: Mail your check for \$100, payable to PHYSIKOS, to: Priscilla Auchincloss, Physikos, 302 N. Goodman St., 2nd floor, Rochester, NY 14607. Or pay online at physikosmovement.com.

For further information about Susan Harper - [www.ContinuumMontage.com](http://www.ContinuumMontage.com)