

SUSAN HARPER LIVING DREAMS
AUGUST 10-16, 2016 ARCATA, CA

LIVING DREAMS

Opening a dreaming state
is an adventure;
it is creative,
full of surprises,
revelations, and play,
even with dreams that appear
upon waking to be boring,
scary or difficult.

Dream work reveals
the needed conversations
deep in our psyche
that invite us
to greater inclusion and
integration of all
hidden, forbidden and
not yet-known aspects
of our deeper self.



DREAMS AS MESSENGERS

Dreams show us what
is calling for attention,
what wants healing, or
shows us a new bud
bursting to be free.
They are creative
gifts from the field
of imagination.

MOVING DREAMS

When images come alive
inside the wisdom of our
bodies, an understanding
is birthed that affects the
original dream, the body,
and the dreamer.

This training includes demos of dream tracking, solo, partner and group explorations.

We learn the art of dialogue as we enter, and speak from different perspectives.

We explore dreams to loosen the grip of identity in the living dream we call our waking life.

DREAM EXPLORATION - Using a somatic approach we track our dreams or life experiences for those who don't remember dreams. We enter the details, tend to the nuances of image, and sensation, and arrive at an insight, an existential message whose meaning has the power to reshape our life.

IN DEEP MOVEMENT DIVES - We breathe, slow down, sound, listen, rest into spacious silence, and deepen our capacity for fluid grounded embodiment of our creative envisioning. We will explore the elemental affinity between our bodies and the unfolding dreaming of the living breathing planetary body.

WHY EXPLORE DREAMS - We open a dreaming circle to entertain new possibilities and accept the challenge to bring the colors of our deepest dreams/desires into our life now. Dreams continually whisper answers to our questions from the parts of us that live deep in the unknown. The transition between being resigned and defended to dancing on the edge of uncharted territory and becoming touchable is the work - together we create support to live in to that journey.

SUSAN HARPER has been contributing to the development of Continuum Movement since 1975. Her dreamwork has been inspired by the teachings of Chris Price - Gestalt Awareness Practice, and the perceptual movement work of Hubert Godard with whom she co-teaches Portals of Perception.

This theme is also inspired by John O'Donohue, David Whyte, Michael Meade and by Lama Drimed with whom she teaches regularly.



LOCATION: Arcata area, CA 95521 - exact location will be sent upon registration

TUITION Early Bird: \$600 if paid in full by June 1, 2016 or \$650 after June 1.

TO RESERVE a space: send a \$150 non-refundable registration fee to: Marilyn Montgomery at 1919 Buckskin Circle, Arcata, CA 95521. Credit card payments are not accepted for this retreat.

PAYMENTS: Final payments are due by July 10, 2016 and are non-refundable after July 10, 2016.

CONTACT Marilyn Montgomery at: 530 739-0633 marilyn2010@gmail.com

WORKSHOP TIMES: Wednesday 1-6, Thursday-Saturday 10:30-6, Sun 1-10pm, Mon 10am-6:30 pm, Tues 10:30-5pm
This is a practitioner training and includes tracking processes with others. Limited to 16 participants.