

**LOTUS BORNE PERCEPTION RETREAT**  
**LAMA DRIMED AND SUSAN HARPER**  
**AUGUST 19 - 26, 2016 ESALEN, BIG SUR, CA**

In this retreat Lama Drimed and Susan Harper open a multi-dimensional inquiry into our spiritual, somatic, and creative human capacity.



Recognizing our natural state of awareness as a foundation, we will explore a dynamic range that includes meditative stillness, fresh perceiving, movement and sounding, which opens a vital flow of creativity.

**WHAT WILL WE DO?**

Lama Drimed offers awareness teachings from the Dzogchen tradition. Our natural state is recognized to be all-inclusive awareness. We awaken to the fresh perception of this moment—the natural aliveness that is our birthright. This is the essence of the ancient tantric ways that celebrate the unfolding of our life as sacred.

Susan offers explorations from Continuum, a unique sound and movement practice, where we inquire into our capacity to innovate, and participate with the essential movement processes of life. The dynamics of how we perceive and relate are simultaneously physical and psycho-emotional.

Lama Drimed and Susan offer perceptual practices to open ways that we pay attention, listen, and speak about our experience. They both share an innovative teaching style, and are open and attentive to each participant's process of discovery, and to the group process.

Many of our explorations will take place outside in nature where we explore the elemental affinity between our bodies and the living lineage of our breathing planetary body.



**LAMA DRIMED** offers awareness teachings from Great Perfection/Dzogchen and Tibetan Vajrayana Buddhism. His Tibetan teacher, Chagdud Tulku Rinpoche, a true Dzogchen lineage holder, recognized Lama Drimed as his lineage holder in 1995. After years of intensive spiritual retreat, he is now collaborating with psychological and somatic teachers. His vision is to open dialogues that include current discoveries and the ancient tantric arts. The expression of this alchemy is creative, free and relevant for our time.

**SUSAN HARPER** has been teaching and contributing to Continuum Movement since 1975. She developed Portals of Perception with Hubert Godard. Her Body of Perception training is dedicated to the art of inquiry, to open perceptual skills, and to enlarge our relational capacity.



LOCATION: Esalen Institute, Highway 1 Big Sur, CA 93920

REGISTRATION: Esalen Institute 831-667-3000 info@esalen.org www.esalen.org

Dinner begins at 6pm with and 8:30pm session the first night and ends by 12pm lunch on the last day.

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