

MICHAEL MOLIN-SKELTON AND SUSAN HARPER HEARTH OF BELONGING - MOVEMENT RETREAT DECEMBER 3 - 8, 2017 ESALEN, BIG SUR, CA

Everything that happens
has the potential
to deepen you.

Belonging is a powerful theme,
directly related to the capacity
for intimacy that is in every
human being.

Our understanding of
longing and belonging
needs to radically change as we
grow in this strange journey we call life.



"I am belonging to the sound of
the wind, sighing through my
body and to beauty that
lives in the natural
world reminding me
'my nature is nature.'

I am building
a hearth of
belonging in my
heart where the searing
fires of loss and possibility
meet, and where imagination
awakens and healing happens."

Susan Harper

In this 6-day retreat, we explore the relational capacity of the heart. Through movement, feeling, and perceptual explorations we refine the compass of our genuine longing and fundamental belonging.

WHAT WILL WE DO?

Using the awakening energy of dancing through the 5 Rhythms® and Soul Motion™, we will move with the grace of our belonging and the struggles of our exclusion.

Through the organismic movements and sounding in the inquiry style of Continuum Montage we will explore the intelligent dynamics of the elements—water, air, fire, earth, and space—in our bodies; deepening our inherent connection to our wild breathing planetary body.

Through movement and ritual, we will explore the meaning of how and where we belong in ourselves and our lives, and the places we feel exiled from ourselves and others. We will actively step into the participation required to belong, responding to the call that stirs a deep inner longing to fall into the place we call home. We will experience the possibility of resting through our bodies and listening to the silences within; to trust and surrender as gravity repeatedly tells us, 'I have a place for you: it is called here.'

MICHAEL MOLIN-SKELTON reaches through dance rather than teaches to dance. "Dance is not something I do, it's simply who I am." Michael is a senior faculty member of the Soul Motion™ school. He creates Spiritweaves events internationally.



SUSAN HARPER has been teaching and contributing to Continuum since 1975. She is the developer of Body of Relating and Body of Perception Trainings. Hubert Godard, John O'Donohue, David Whyte, Mary Oliver and Michael Meade inspire her in this theme.



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

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

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

www.spiritweaves.com www.continuummontage.com www.esalen.org