

**MICHAEL MOLIN-SKELTON AND SUSAN HARPER
HEARTH OF BELONGING - MOVEMENT RETREAT
DECEMBER 4 - 8, 2019
MADRONA MINDBODY INSTITUTE PORT TOWNSEND, WA**

Perceptual explorations help us to refine the compass of our genuine longing, and fundamental belonging.



We listen to the silences within; and trust as gravity repeatedly tells us 'I have a place for you: it is called here.'

In this 5-day retreat, we explore the relational capacity of the heart. We engage a multi-faceted movement range, deepen in ritual, and dare to love, weep, laugh, and meet the splendor and 'terrible beauty' experiences that come with the river of life.

Moving through the portals of Soul Motion™, we will invest in and investigate ways to fully inhabit our own bodies. We will dance alone, and together with one other, and in community.

In the inquiry style of Continuum, we will explore intelligent fluid dynamics through perceptual explorations, and organismic movements and primordial sounding.



SUSAN HARPER is a heart-soul-counselor, creative instigator, and inspired teacher of perceptual and movement inquiry and has been teaching Continuum since 1975. She has the ability through demonstration of sounds, breaths, and movement to transmit a primal and spiritual fluidity that inspires participation resulting in embodied innovative discoveries.

MICHAEL MOLIN-SKELTON holds a few things sacred: "The love of my life Anneli, the miracle we named Jaylan, friends that cherish and challenge me, dancing alone, dancing with you, love." Michael is a senior faculty member of the Soul Motion™ school and resides in Port Townsend, Washington. "Dance is not something I do, it's simply who I am."



LOCATION: Madrona MindBody Institute, Port Townsend, WA

Tuition: Regular \$550 or Early Bird \$500 if paid by October 15, 2019

Housing available at Madrona MindBody Institute madronamindbody.com

REGISTRATION: Madrona MindBody Institute 360.344.4475 info@madronamindbody.com

4pm check in, dinner at 5:30pm and a 7pm session the first night and ends at 4pm December 8.

Closest airport is Seattle/Tacoma sinceramovement.com continuummontage.com