

SUSAN HARPER LIVING DREAMS
AUGUST 30 - SEPTEMBER 4, 2019 ARCATA, CA

LIVING DREAMS

Opening a dreaming state
is an adventure
full of surprises,
revelations, and play.

Through movement,
gestures and exploratory
consciousness we open
conversations deep
in our psyche
to discover
unexpected
undeniable answers
from 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 innovative and ancient shamanic arts of dream tracking in structured solo, partner and group explorations. These explorations open new vistas and deepen our human incarnation.

DREAM EXPLORATION - While awake, we invoke the playful, strangely truthful nature of dreaming. We sensuously embody and move the images, energies and characters that were delivered during sleep. Using a somatic approach, we either track our dreams or, for those who don't remember dreams, our significant life experiences. We arrive at existential messages whose meanings have 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 loosen the grip of identity, to entertain new possibilities - to bring the colors of our deepest dreams/desires into our life now.



SUSAN HARPER teaches internationally and 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-taught Portals of Perception. This theme is also inspired by John O'Donohue, David Whyte, Mary Oliver, Stephen Harrod Buhner, David Hinton, and 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: \$550 if paid in full by July 1, 2019 or \$600 after July 1.

TO RESERVE: Send a \$150 non-refundable registration fee to: Marilyn Montgomery 1919 Buckskin Circle, Arcata, CA 95521.

To pay by credit card, email Marilyn at marilynm2010@gmail.com and she will send you a PayPal invoice.

PAYMENTS: Final payments are due by July 30, 2019 and are non-refundable after July 30, 2019.

CONTACT Marilyn Montgomery at: 707 357 7234 marilynm2010@gmail.com

WORKSHOP TIMES: Friday 1-6, Saturday-Tuesday 10:30-6, Wednesday 10-1pm. Bring a lunch.

This is a practitioner training and includes tracking processes with others. Limited to 16 participants.