

**MICHAEL MOLIN-SKELTON AND SUSAN HARPER  
HEARTH OF BELONGING - MOVEMENT RETREAT**

**DECEMBER 2 - 6, 2020**

**MADRONA MINDBODY INSTITUTE PORT TOWNSEND, WA**

A hearth is the firey  
heart of a home;  
a warm place  
where we welcome  
friends and befriend  
what is strange.

In this place we can  
melt down and  
refine the compass  
of our genuine  
longing,  
and discover our  
fundamental  
belonging.



We build  
somatic resources:  
grounded  
embodiment,  
deepen presence,  
meta-sensuality,  
community  
resonance, and  
creative expression.

We listen into the  
planetary body.  
Gravity tells us  
'I have a place for  
you: 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, 2020

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 December 2 and ends at 4pm December 6.

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