

HEART OF GRIEF INTO BREATH SUSAN HARPER AND ROBERT LITMAN

MARCH 1-5, 2012

TUCSON, AZ

Unexpressed grief weights the heart
and constrains the breath.
Inside grief lies loss -
of a beloved,
longing,
shattered dreams;
AND paradoxically
passionate praise
for what we have
dearly loved, are missing
and remembering with joy.



We create a communal container
where we can feel and
express what lives
in our belly, and
with the
strength of heart
that comes from
speaking the truth.
Through heart-borne
expression, we resonate
more deeply with each other.

WHAT WILL WE DO?

EXPLORE BREATH AND FEELING DYNAMICS – The freedom or inhibition of movement in our bodies and breath affect our emotional expression. Grief fully-felt and expressed frees energy and life-sustaining breath. We will invite ease and flexibility in the breath and body, which allows our emotional body to have an easier time expressing grief, appreciation, anger, and joy.

EXPLORE CONTINUUM MOVEMENT - We move and sound in the language of life—with micromovements, primordial sounds and breaths, and wave motion.

TENDING THE FEELINGS OF THE HEART – We develop practices to be honest with what is in our hearts each day, listening to the unattended sorrows, tending gratitude, acknowledging regret, and celebrating joy.

SHARING GRIEF AND COMPASSION— Sharing our grief in communion opens shared experience and invites the healing energy of compassion. We invite the imagination of the heart to awaken and inspire how we live and love. Together we open a compassionate vision for living with heart and soul in a global community.



SUSAN HARPER has been teaching and contributing to Continuum since 1975. She is the developer of Em'oceans and Sensations Trainings and with Hubert Godard co-developed Portals of Perceptions. This work is also inspired by Michael Meade, Reggie Ray, David Whyte, John O'Donohue and Chris Price - Gestalt Awareness Practice

ROBERT LITMAN, Authorized Continuum Movement Teacher
Certified Practitioner of the Buteyko Institute Method of, Breathing Retraining
Advanced Practitioner of the Duggan/French Approach to Somatic Pattern Recognition.



WORKSHOP LOGISTICS

LOCATION: Center for Expressive Arts Therapy 3838 E. Ft. Lowell Rd Suite 2 Tucson, AZ 85716

TUITION: \$575 TO REGISTER send a \$100 non-refundable registration fee, payable to Robert Litman
2101 N. Treat Av Tucson, Arizona 85716 Final non-refundable payments are due Feb. 1, 2012

WORKSHOP TIMES: Thur 12-6PM, Fri 11-6PM, Sat 1-9PM, Sun 11-6PM, Monday 10:30-5PM

WHAT TO BRING: Yoga-sized mat and blanket. We'll be working on a sprung wood floor. Wear comfortable clothing, easy to move in. Bring layers so you'll be comfortable. Room temperature is generally constant however more or less activity may affect your warmth level. The workshop site has an ample supply of cushions.

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www.thebreathablebody.com or www.ContinuumMontage.com