

Workshops and Retreats Fall 2006

All About Dreaming

November 13 – 19, 2006 ▶ 7 full days

Led by Susan Harper

“The world of soul has deep desire and longing for visible form; this is where the power of the imagination lives. The imagination is the faculty that bridges, co-presents, and co-articulates the visible and the invisible.”

—John O’Donohue

The focus of this retreat is exploring dreams—from fragments to epics—from personal to village dreams—from the “not so important” to the “knock your socks off” dreams. The emphasis is on entering the images, sensations, and movements, inviting the dreams to come alive and reveal their own living meaning. Exploring dreams opens creative channels, broadens habitual perceptions, and brings deep and sometimes hilarious insights to enliven us, and to elaborate magic in the waking dream we call our life. Dreaming through the elements of nature, and village-dream enactments are a part of our process as we explore lucid dreaming while awake. We will collectively design dreamtime environments for an “Allnighter” which includes the primordial movement, sounds and breaths of Continuum.

Subud Center 3800 Old San Jose Road Soquel, CA ▶ \$725 for all 7 days

Send \$50 non-refundable registration fee to:

Beth Riley PO Box 508 Aptos, CA 95001

Great local accommodations available at “The Adobe on Green”

Visit www.AdobeonGreen.com

Deep Rest / Open Heart: Moving with Winter

December 8 – 12, 2006

A residential retreat at Mt. Madonna Center led by Beth Pettengill Riley

Winter is calling:

“Rest like bear.

Sink into the softness of the time.

Drench yourself in the dark,

Opening to what is gestating in your bones.

Let your heart soften as you rest,

Exhale...let your heart be enchanted by your life.”

We will weave the quiet pace of winter with our body’s need to participate in its own self-renewal. The body is an ongoing fertile field, containing within itself a miraculous evolutionary intelligence and a vast and mysterious future.

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(workshops continued)

The physical experience of movement, from micro to macro, can bring us into a coherent, fully felt relationship with our most vital expression of aliveness and unfolding. Participants will have an opportunity to stimulate the vitality of all fluid systems through Continuum movement explorations, revitalize inherent health and creativity and renew a primary connection to the season of darkness and light.

Weekend or full five day retreat available.

To Register contact: www.mountmadonna.org or call 408.847.0406

Weekly & Monthly classes: Summer/Fall 2006

Entering the Stream

Continuum class for basic & continuing students

2nd Wednesday of each month ▶ 9:30 – noon ▶ \$30/class

7/12 ▶ 8/9 ▶ 9/13 ▶ 10/11 ▶ (no November class) ▶ 12/13

Passionate Sweat: Jungle Gym

4 week session

Monday mornings ▶ 9:30 – 11:30 am ▶ \$95/4 wk series

July 31 – August 28 (no class 8/14)

Finding Your Fluid Body

8 week session ▶ Yoga and Continuum Session 3

September 8 – November 3 (no class 10/13)

Friday mornings ▶ 9:30 – 11:30 am

\$135 /8 wk series, \$18 single class as space allows

Day to Day Continuum Session 3

8 week session

Monday mornings ▶ 9:30 – noon ▶ \$235/8 wk series

September 18 – November 20 (no class 10/9 or 11/13)

For more information about workshops and classes call:

831.685.2523 or visit us on the web at www.themovingwell.com