

Authentic Movement: A Path Blending Personal Healing, Spiritual Deepening, and Creative Expression

Sonoma County Authentic Movement Collective Weekend Retreats 2019–2020



This is an invitation to join a dedicated community of women who are committed to the unfolding process of personal and spiritual growth, using the form of Authentic Movement as the basis for their inward journey, as well as for an experience of collective journey.

We welcome new members who have a desire to join a supportive and committed community.

We meet for 3 intensive weekends a year in Valley Ford (Sonoma County), California.

Format:

Three weekends / year

Dates:

Oct 18-20, 2019

Jan 17-19, 2020

Apr/May, 2020 TBD

Times:

Fridays, 10-4

Sat and Sun, 9:30-5

Location:

Valley Ford School House
Valley Ford (western Sonoma County), California

Cost: \$275/weekend

Contact Theresa:

tjsapunar@gmail.com

404-229-1812

www.cpsgonline.com

Previous experience?

No previous experience in Authentic Movement is necessary; what is necessary is a relationship with one's inner life--in other words, the ability to go inside, observe whatever arises in the moment, and to allow a process to unfold.

Commitment?

You are welcome to come and experience one weekend without commitment. After the initial weekend, a year-long commitment is required.

"When humans meet in the state of presence, there is a "pool" of presence, and each apparent individual can draw on that and can contribute to that. It is a two-way process.

There is a sacredness in groups that meet in this field."

Eckhardt Tolle

What is Authentic Movement?



Movement Space

Authentic Movement is a subtle yet powerful body-based discipline that serves as a form of body/mind therapy, as a spiritual practice, and as a vehicle for opening to one's creative self. The form itself is deceptively simple to describe yet the depth of experience is beyond words. It consists of one or more women moving spontaneously from their experience (eyes closed), in the presence of one or more

women witnessing from a place of unconditional acceptance and presence, without analysis or judgment. The sense of safety created by this witnessing container is palpable, and allows the movers to contact and freely express their inner experience. Afterwards, movers may draw, write, use clay, and speak to further connect themselves to their creative, symbolic, spiritual lives.

This healing and enlivening practice must be experienced to be understood. Health professionals, artists, educators, dancers, and those interested in personal and spiritual growth find freedom of expression while stimulating creativity, healing wounds, and learning to trust the body's wisdom.



Led by:

Theresa Horan-Sapunar has been a practitioner and teacher of Authentic Movement since 1986, in Northern California, the Midwest, and Germany. She trained for 5 years with Janet Adler, the primary developer of Authentic Movement. Her experience also includes 35 years as a body-oriented psychotherapist, as well as creating and facilitating workshops, retreats, and groups for enhanced well-being, creativity, and spiritual development.

Waiting to be moved. Following the body's lead. Gathering with others to move and be still together. Making time and space for the unconscious to manifest in the movement and stillness of the body. Attending to impulse. Embodying the flow of the imagination in movement and stillness.

We come together in pairs or groups to practice Authentic Movement. We come to find out what is already in us, waiting for us. We come knowing we don't know what we will do, what we will find. We come for refreshment, revelation, rest, recuperation. We come for open time, unprogrammed time, in our bodies and in our inner worlds--the unconscious, the imagination, the soul, the psyche, the bones, and the flesh.

We are of many ages, many professions, many locations. We bring our excitements and joys as well as our complaints and pains; we bring our energy abounding as well as our fatigue. We pay attention to ourselves and each other. We leave renewed, carrying our experiences with us in our bodies, into our lives in the world.

Daphne Lowell



Valley Ford School House