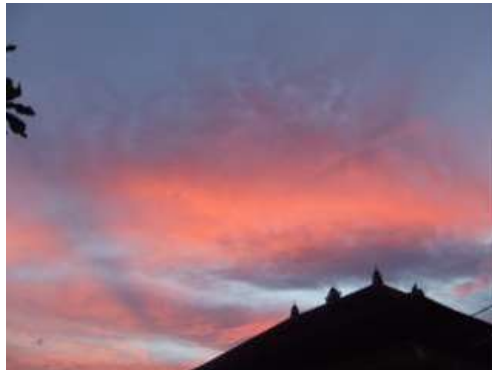


*The Yoga of Perception*  
*an inquiry based approach*  
*for Yoga Instructors, Movement Facilitators, Somatic Educators,*  
*Wellness Practitioners & Interested Folks*  
*with Penny Allport*



*The Yoga of Perception* is the harvest of over twenty-five years of practice, exploration and facilitation in the fields of Yoga (Sandra Sammartino), Continuum Movement (Emilie Conrad & Susan Harper), Em'ceans & Sensations and Dreamtime trainings (Susan Harper), Portals of Perception and the Body of Perception trainings (Susan Harper, Hubert Godard and Pilar Martin), and other Somatic based work. The evolutionary movement explorations of Kevin Frank and Caryn McHose, authors of *How Life Moves*, *Explorations in Meaning and Body Awareness* deeply inform this synthesis of inquiry based practices.



*The Yoga of Perception* is offered over two weekends and one 6-day immersion to include time to bring explorations into personal practice and daily experience, along with a mentorship program for those interested in professional applications. The deep and wild imagination of each participant is engaged and supported in the ongoing inquiry of what it is to live consciously embodied human lives on the Earth at this time. The program is offered on six and a half acres of land, to include engagement with nature's seasonal rhythms and the elemental kinship the organismic intelligence we call "body" enjoys.

We embrace the body of perception as trustworthy guide, ally and portal of indigenous wisdom.

March - September 2015

Weekend One: Friday, March 20 - Sunday, March 22, 2015

6 day immersion: Monday, June 1 - Saturday, June 6, 2015

Weekend Two: Friday, September 18 - 20, 2015

(Weekends begin at 1 p.m. on Fridays and finish at 4 p.m. Sundays.

Immersion begins at 1 p.m. June 1 and ends at 1 p.m. June 6.)

*Location: Paradise Found, Sunshine Coast, BC*

*Investment: \$1,500.00*

*Six mentorship sessions: \$60.00 (reduced hourly rate) - two per unit \$360.00*

*Total \$1,860.00 plus GST*

*Limited to 8 participants.*

*\$200.00 deposit to secure your place. Payment plans for remainder are welcome.*

*Certificate upon completion.*

*Beautiful and economical accommodations on site.*

To inquire or register: [pennyallport@gmail.com](mailto:pennyallport@gmail.com)

[www.pennyallport.com](http://www.pennyallport.com)

604 803 4607

*The Yoga of Perception* will include:

- \*practices in orientation to gravity and space as primary to our psyche/somatic security
- \*experiential anatomy through subtle palpation and movement practices of discovery
- \*new skills to increase our sensory capacities, through the more well known senses, along with awareness practices in the  
Twelve Senses (as differentiated by Rudolf Steiner)
- \*developing skills to communicate sensations, emotions and needs
- \*specific exercises to serve the "backing" of our visceral, emotional and wild creative capacities for experiencing the wellspring of life
- \*individual, partner and group processes to serve personal, professional and global interests in healing of "all our relations"
- \*inquiry into habitual beliefs both cultural and personal, regarding the body, movement and healing
- \*somatic attunement as key to practicing and facilitating regulated movement and bodywork sessions
- \*direct experience as a fundamental way of knowing, prior to ideas of meaning making and scientific evidence