

Live Wide Open with Sensory Awareness

September 15 - 17, 2017
at the Garrison Institute

Schedule

Friday

3:00 - 6:00 pm

Arrival and Check-In

6:00 - 7:00 pm

Dinner & Orientation to Garrison

7:30 - 9:30 pm

Opening to Our Ground

Stefan Laeng-Gilliatt

Doors to freedom open when you learn to appreciate your relationship with the pull of gravity. As you become more responsive to the downward tug of the earth, you'll learn to rise and stand with steadiness, poise, and dignity, ready to engage with any task from a grounded place.

Stefan Laeng-Gilliatt has studied Sensory Awareness and related practices since 1980. Born in Switzerland, he relocated to the US to assist Charlotte Selver in 1994. Drawing at times from his background in Buddhism and Gestalt Therapy, Stefan offers individual sessions, classes and workshops in the US and Europe. Currently, he is working on an oral history and biography of Charlotte Selver's life. Stefan is Executive Director of the Sensory Awareness Foundation.

Saturday

7:00 - 7:45 am

Meditation: Experiencing Deep Stability

Michael Atkinson

The very essence of our being can be found in the simple act of sitting, in full awareness. Profoundly stable and subtly fluid, meditative sitting embodies true ease and composure, and provides a basis for authentic action. (*Cushions and chairs will be provided.*)

8:00 - 9:00 am

Breakfast

9:30 - 11:30 am

The Art of Surprise

Ray Fowler

Unexpected joys dwell within your everyday circumstances. Open your senses wide to realize their subtle beauty. Once you've experienced these moments through the lens of Sensory Awareness, you may no longer find the word 'ordinary' pertinent to describe your day.

Ray Fowler has been a student of Sensory Awareness for forty-five years. He studied with Charlotte Selver for thirty-two of those years. In addition to offering a workshop on Monhegan Island each summer, he has given workshops at the Gestalt Therapy Institute of New York, Johns Hopkins University, Middlesex County College and Ohio University. Ray is also a Juilliard-trained orchestral conductor (BM and MS) and a forever-surprised father.

12:00 - 1:00 pm

Lunch

1:30 - 3:30 pm

Rest and enjoy the grounds at Garrison.

3:30 - 5:30 pm	Honoring what Comes	Judyth O. Weaver
	<p>The process of 'Living Wide Open' broadens as you explore ways to integrate these new-found wonders into your life. Experiment with ways of moving beyond the isolated 'wow' experiences toward a fresh relationship with your world.</p> <p><i>Judyth O. Weaver began working in Sensory Awareness with Charlotte Selver and Charles Brooks in 1968. She leads workshops in Canada, Japan, Mexico and the U.S. She is a somatic psychologist, with an extensive background in Somatic Experiencing, Gestalt, Pre- and Perinatal therapy, Rosen Method, and T'ai Chi Ch'uan. For 25 years, Judyth has been deeply involved with the Tibetan Nuns Project, providing support and education to these courageous exiles. Whatever she is offering, whether working with groups or individuals, adults or babies, Sensory Awareness is always the basis of her work.</i></p>	
6:00 – 7:00 pm	Dinner	
7:30 pm –	Sensing and Sharing: Alone and Together	You and members of the Leaders Guild
	<p>After a brief orientation in our main meeting room, we'll each spend 30 minutes exploring individually, with a chance to ask any Sensory Awareness leader present for practical advice, if desired. We will then come back together to share in small groups for about 30 minutes. Those who wish can then join us for a social time in the dining room.</p>	

Sunday

7:00 - 7:45 am	Meditation: Experiencing Deep Stability	Michael Atkinson
8:00 - 9:00 am	Breakfast	
9:30 - 11:30 am	Sharing the World	Michael Atkinson
	<p>One opening leads to another, and another. Sustained exploration of ordinary objects and movements leads to a deeper appreciation of your own life and fresh insights into the lives of others. What seemed most private and individual opens onto a path to deeper connections with other human beings, across the street and around the world. We can meet our shared lives with sensitivity and strength, resilience and gratitude, learning to live each moment wide open.</p> <p><i>Michael Atkinson took his Ph.D. in Phenomenology and Literature and for decades has explored the psychology of perception and the construction of meaning, literary and lived. Michael began his study of Sensory Awareness in 1974, is the current President of the Sensory Awareness Leaders Guild, and an ordained Buddhist Dharma teacher interested in the relation of Sensing to the psychology of contemplation.</i></p>	
11:30 - 12:00pm	Closing Circle	
	Stefan Laeng-Gilliatt, with Sensory Awareness Leaders and SAF Board Members.	
12:00 – 1:00 pm	Lunch / Departure	