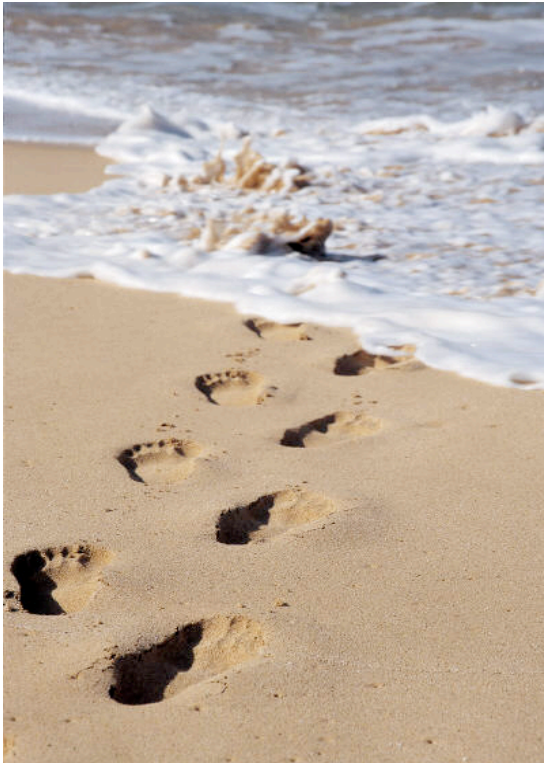


# The Great Escape

## From Self Consciousness to Self Expression

Escape for five rich, rejuvenating, and transformative days to the gorgeous Esalen Retreat Center in Big Sur. Movement, “the forgotten language of the soul” will be our primary vehicle on this journey, as we explore one of the most essential dynamics in our lives as human beings -- that of Self Expression.



### **Karen Roeper and Peter Rosselli**

create a fun, provocative, and safe environment, supported in the natural beauty and peacefulness of Esalen’s Pacific coast setting. Through a unique and powerful process called Essential Motion, you reintegrate the physical intelligence and playful body ease of childhood, while cultivating the soul sustaining qualities of understanding, acceptance, and compassion. Movement, somatic coaching, improvisation, communication exercises, personal and video feedback are utilized.

November 15–20, 2009 at Esalen Institute

Fees: \$620/sleeping bag;

\$890 bunk bed; \$1,155 standard

Info: Call Karen at (415) 383–7159,

or email [karen@essential-motion.com](mailto:karen@essential-motion.com)

Resv: Esalen (831) 667–3005 [www.esalen.org](http://www.esalen.org)

CEU credits for MFT’s, LCSW’s. PCE#3272

Participation in The Great Escape will enable you to:

- Understand how your self-images, expressions constrict/support life goals
- Dissolve personal barriers to free and fully expressive action in the world
- Experience how your nonverbal/verbal communications impact relationships
- Awaken physical sensation, sensitivity, flexibility, and body ease

**Karen Roeper’s** lifelong focus has been to explore the relationships between the body, emotions, the mind, and Spirit. She is the founder of Essential Motion, and has maintained a private practice and conducted leadership seminars both nationally and internationally for over 23 years. Karen holds a Masters in Counseling and Dance Therapy, and is a Rosen Method Bodywork Senior Teacher. She believes in curiosity and kindness, and is committed to fostering the transformative abilities within each person. [www.essential-motion.com](http://www.essential-motion.com)

**Peter Rosselli** is President of Invisible Elephant Training & Consulting, Inc. He has conducted programs in Improvisation, Interpersonal Communications, Presentation Skills, Conflict Management, and Team Building for over 20 years. He consults with companies such as Ebay, IBM, and Kaiser Permanente. Peter has spent a lifetime of study and performance in the expressive arts, particularly music and dance. His background includes graduate studies in Counseling and Movement Psychology, Diamond Heart Training in the Rihwan School, and twenty years studying Buddhist meditation practices. [www.invisible-elephant.com](http://www.invisible-elephant.com)