

# The Alchemy of Stillness

a movement medicine e-motion intensive

Residential at the  
Earth Spirit Centre  
Somerset, UK

8 - 13 December  
2009



with Ya'Acov Darling Khan

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SCHOOL OF MOVEMENT MEDICINE  
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DARE TO DANCE · DARE TO DREAM

*“The Heart holds the office of Lord and Sovereign. The radiance of the spirit stems from it.”* The Secret Treatise of The Spiritual Orchid. Circa 220 A.D.

The heart has an electro-magnetic field over 5000 times greater than that of the brain. It beats more than 100,000 times a day. It has an extraordinary power and it is the home of our instincts and the wise elder within who teaches us about the power of love.

The Alchemy of Stillness is movement medicine for the heart. Through seeking our emotional fluidity in movement, we are re-learning and developing the emotional intelligence and animal instincts we were born with. Our hearts hold many stories and dreams, all of which we are capable of transforming into high-energy fuel for positive action and creative living. Movement Medicine work helps us to do this by supporting us to be grounded and at home in the body.

Our intention will be the transformation of the lead of our personal and ancestral histories into the gold of present moment awareness. We will work with the four domains of the heart as a medicine wheel. They are the domains of Courage, Integrity, Surrender and Celebration. Our journey will lead us to the centre of the heart where wisdom and compassion reside. This alchemical process works directly with the physical structure of the body to strengthen our core and create energetic support for the heart. Through this process, we will dispel ancient shadows and recover the instinctive and intuitive power of the embodied heart.

*“With Ya’Acov you get down to the bones of a thing; he is so alarmingly simple that all your chatter falls away and there’s nothing left but you and the dance in this moment of time. He has the courage to require himself and all of us to keep repeating the essentials over and over again till we are simply dancing in the beat of our own hearts.”* Kat Forrester, Events Organiser

Part of our work is the creation of a temple of installations. These installations will form the bedrock of the landscape we call The Alchemist’s Garden, in which we will spend the whole last night of the workshop in ceremony. In this garden of possibility, the dancer is able to create the appropriate alchemical mixture for purification, healing and dancing prayer.

**Prerequisites:** 25 hours of Movement Medicine work, 5 Rhythms work or other related practices.



Ya’Acov has been studying and practicing shamanism all his life with many gifted teachers, he brings a wealth of experience and knowledge to his work. His workshops are deeply practical, simple and down-to-earth as well as catalytic, transformative, uplifting and inspiring. He is co-author of *Movement Medicine - 9 Gateways to Living the Dream*.

*“Ya’Acov teaches with mastery, one ear listening for guidance from beyond. He creates a field of trance in which the psyche can build and mend. The simplicity of his structures gives space for enormous depth. His workshops are vast landscapes where the soul can dream wholeness.”* Andrew Holmes. 5 Rhythms Teacher.

**The Earth Spirit Centre, Somerset, UK**

**Tuesday 8<sup>th</sup> December (first session at 5pm) - Sunday 13<sup>th</sup> December (finishing with lunch at 1.30pm)**

Total Cost: £570 (Tuition £345 • Accommodation and food £225)

Early Payment Discount of £75 if booked with £85 non-returnable deposit by Oct 7<sup>th</sup> 2009

Application forms are available from Roland:

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