

AN INTRODUCTION TO MOVEMENT MEDICINE

# AWAKENING

the dancer & the spirit of the dance

with Ya'Acov & Susannah Darling Khan



13 - 17 April 2010

Dartington, Devon, UK

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SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM

Awakening is an opportunity to work with Susannah & Ya'Acov together and be guided on a deep initiation into the Movement Medicine journey.

In this workshop:

- You will be introduced to the basics of Movement Medicine practice, including working with the 4 Elements, the 5 Dimensions of Awareness, and the 9 Gateways to the Soul
- You will learn how to align the body, heart and mind by bringing them into movement through working with the twin pillars of acceptance and intention
- You will work with the relationship between the dancer within and the spirit of the dance that is a foundation of ecstatic dance practice
- Through shamanic work, you will meet and dance with the guardians and allies of Movement Medicine practice and so be able to create your own dancing 'medicine wheel'.

Movement Medicine is an exhilarating and liberating approach to the exploration of movement as non-religious spiritual practice. The tools it teaches are invaluable guides on life's journey. For the Dancer within, life is the Great Choreographer and we are dancers on the dancing path. Everything that arises is therefore an opportunity to find the fluidity and the strength to learn from the situation and to discover how to dance with it. For the Dancer, the deepest prayer is to be able to give everything we have inside us in celebration of and gratitude for the life we have been given.

We invite you to come and join us to find the joy of disciplined study, the freedom of the dance, and the companionship of a dancing community. This workshop is suitable for beginners and those with experience who wish to take their practice deeper.



Susannah is known for her warmth, clarity, passion and humour. She teaches with precision and space, so that the spirit of her teaching is illuminated through direct physical experience. Her background is in Anthropology and Gestalt Psycho-therapy. She is currently studying Family Constellations. She brings together the body of a dancer, the heart of an artist, the mind of a scientist and the soul of a healer.

*"Susannah is a master choreographer of energy and specialist in heart art."*

David Rose, Director of Soul Wave.



Ya'Acov's teaching is a blend of warmth, humour, and a well-guided dance along the thin edge of the unknown. He has been studying and practicing shamanism all his life with many gifted teachers and he brings a wealth of experience and knowledge to his work.

*"Ya'Acov teaches with mastery, one ear listening for guidance from beyond. 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.

After an 18 year apprenticeship with Gabrielle Roth, Susannah and Ya'Acov started their own school in January 2007. They are currently writing their first book.

**13<sup>th</sup> - 17<sup>th</sup> April 2010**

**12am, Tuesday 13<sup>th</sup> April - 4pm, Saturday 17<sup>th</sup> April**

**Dartington • Totnes • South Devon • UK**

**Cost: £325** to include delicious and nutritious vegetarian lunch each day.

There is an early booking discount of £65 on bookings received before January 31<sup>st</sup> 2010.

To book send a non-returnable deposit of £95 (payable to School of Movement Medicine) to:

**RW Events, Nappers Crossing, Staverton, Totnes, Devon TQ9 6PD**

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