

A MOVEMENT MEDICINE WORKSHOP

# DanSing

for body, heart and voice

with  
Susannah Darling Khan

Cork

2 - 3 May 2009

Plus Move! open evening  
on Friday 1 May

Contact Caroline:  
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SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM



**Move!** is a simple and invigorating introduction to Movement Medicine. This practice gives you access to the wisdom within you and is a wonderful and fun way to connect with your self, others, and life. Whatever your age, shape or background, come and experience the creative and free dancer you are.

You are invited to **DanSing!** Come and discover the free dancer and ecstatic singer inside you. Waking up your body and voice is a direct route to awakening your energy, creativity, freedom, and connectedness with all of life, freeing the body to be a breathing space for spirit.

Our work is grounded in Movement Medicine, interwoven with Susannah's special way of integrating voice and movement, dance and song. DanSing includes free movement and vocal improvisation, as

well as more choreographed unison pieces of song and dance. This work integrates her devotional, shamanic, artistic and therapeutic studies of 20 years.

**DanSing Pre-requisites:** Preferably a Move! evening or experience in related movement practice.

**Movement Medicine** is the synthesis of Susannah and Ya'Acov Darling Khan's work over the last 25 years, including teaching 5Rhythms internationally since training in 1989. **Susannah** teaches with compassion, clarity, wisdom and humour. She offers a joyous approach to personal and collective healing.



*"Susannah is a master choreographer of energy and a specialist in heart art."* David Rose, Director of Soul Wave

St Aloysius School Gym, Sharman Crawford St, Cork

Move: Friday 1<sup>st</sup> 7 - 10pm

DanSing: Saturday 2<sup>nd</sup>, 11am - 6pm • Sunday 3<sup>rd</sup>, 10.30am - 5pm

**Cost:** Move! €20, DanSing €120 for weekend paid in full by 1<sup>st</sup> March '09 and €140 thereafter.

To book send €20 full fee for Move! or a €60 non-returnable deposit for DanSing payable to 'Caroline Carey':  
Caroline Carey, 5 The Break, Schull, West Cork, Ireland

**More info:** +353 (0) 86 0531672 • [info@carolinecarey.com](mailto:info@carolinecarey.com)