

MOVEMENT MEDICINE FOR THE HEART

# *E-Motion*

energy in motion

Amsterdam

20 - 22

November 2009



Contact Frank:

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with Ya'Acov Darling Khan

SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM

The heart has an electro-magnetic field over 5000 times greater than the brain's. It beats more than 100,000 times a day. It has an extraordinary power and it is the seat of our vulnerability. The human being who has learnt to dance with their feelings rather than be danced by them is so much more alive, creative and dynamic in all areas of their life.

Your heart holds many stories and dreams, all of which you are capable of transforming into high-energy fuel for positive action and living the dream you came here to live.

**In E-Motion, you will:**

- Learn how to ground your feelings and let them awaken rather than overwhelm you
- Dance with the emotional intelligence and animal instincts you were born with
- Experience the teachings of the Four Chambers of the Heart
- Meet the Wise Elder within you who knows about the power of love

The heart is the second gateway of the Movement Medicine mandala. Our work in this gateway integrates recent research into brain function and animal behaviour, with the experience of 20 years of studying, teaching and living with the wild unpredictability of the dance of the heart.

**Prerequisites:**

Some Movement Medicine work or similar experience is required.

**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.



Ya'Acov 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. His workshops are deeply practical, simple and down-to-earth as well as catalytic, transformative, uplifting and inspiring.

*"Dancing with Ya'Acov is for me a way of diving in to the old deep wisdom of the shaman's clear-seeing eyes. He has an immense focus and healing power. I have touched depths in my self and seen beauty within my self that I have not known before."* Pernilla Carrier, Voice-Yoga Teacher

**Focus • Isolatorweg 36 • 1014 AS Amsterdam**

**Friday 20<sup>th</sup> November – Sunday 22<sup>nd</sup> November 2009**

**Friday 19.00 – 21.30 • Saturday 11.00 – 18.00 • Sunday 11.00 – 17.00**

**Cost (including lunch): €200**

**€175 if booked and deposit paid before September 15<sup>th</sup> 2009**

**Booking Information:**

**Karuna-events (Frank Beyleveld) • [www.karuna-events.nl](http://www.karuna-events.nl) • [info@karuna-events.nl](mailto:info@karuna-events.nl)**

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