

MOVEMENT MEDICINE FOR THE HEART

E-Motion

energy in motion

Luzern

April 30 -

May 2 2010



Information:

www.vereindynamo.ch

Booking:

www.kf-events.ch



with Ya'Acov Darling Khan

SCHOOL OF MOVEMENT MEDICINE

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 & 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.

Pre-requisites: 15 hours of Movement Medicine 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. *"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 and seen beauty within my self that I have not known before."* Pernilla Carrier, Voice-Yoga Teacher

Bruch Turnhalle • Zähringerstrasse 16 • 6003 Luzern

Friday 30th April. 19.00 – 22.00

Saturday 1st May 11.00 – 18.00 & Sunday 2nd May. 10.00 – 16.00

Cost: SFr. 375.-

Early booking price* SFr. 325.- when deposit SFr. 150.- paid by 30.3.10

*for members of Verein Dynamo Luzern, SFr. 300.-

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Info, online booking and bank details see website: www.kf-events.ch

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