

MOVEMENT MEDICINE FOR THE HEART

# *E-Motion*

dancing with the heart of the world

with Ya'Acov Darling Khan

An aerial photograph of a lush green forest. In the center, there is a heart-shaped pond with a blue-to-yellow gradient. Inside the pond is a red and white circular logo featuring a stylized figure and four trigrams. To the left of the pond is a large, semi-transparent green silhouette of a human figure in a dynamic, dancing pose.

Hamburg  
5 - 7 February  
2010

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SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM

Are you concerned with what's happening in the world? Do you want to find an embodied, creative, empowered response that comes from a place of love, not fear? Do you want support and a practical toolkit that will help you to BE the change you wish to see in the world? This workshop will integrate the School of Movement Medicine's approach to working with the power of the heart through movement, with the Awakening the Dreamer - Changing the Dream symposium created by the Pachamama Alliance.

At this time in the world's story, climate change is creating the imperative for us all to wake up to a much deeper awareness of our interconnection with all of life. Dancing deep into the wide-open space of trance gives us direct experience of this interconnection. Dancing with the Heart of the World is an invitation to give the dancer inside you permission to dance inside the many landscapes of the heart. A freely dancing heart is empowered to take the creative action we need to embrace our dreams - for ourselves, our families, and the wider community of life on earth.

The heart has an extraordinary power and is the seat of our vulnerability. It has an electro-magnetic field over 5000 times greater than the brain's. It beats more than 100,000 times a day. 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 *Dancing with the Heart of the World*, we will:

- Take a deep look at where we are as a human race, how we got here, and where we're going, through the *Awakening the Dreamer - Changing the Dream* symposium, a strong strand in our work together
- Learn how to ground our feelings and experience and how they can awaken an empowered response within us rather than overwhelm us
- Dance with the emotional intelligence and animal instincts we were born with and experience the teachings of the Four Chambers of the Heart
- Meet the Wise Elder within who knows about the power of love and its transformational potential
- Take part in a dancing ritual that will help us to envision a human presence on this planet that is *spiritually fulfilled, environmentally sustainable and socially just as the guiding principle of our times* (this is the stated intent of the *Be the Change* symposium).

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 experience of body work or movement practice is recommended. However, if you feel drawn to do this workshop then it's probably right for you to do it. Contact Jens for more information.



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. He is the Co-Author of *Movement Medicine – 9 Gateways to Living the Dream*.

**Please Note:** 10% of the workshop fee will go directly towards supporting the work of the *Pachamama Alliance* through *Be the Change* in the UK.

5 - 7 Feb 2010 • Ganztagschule Osterbrook, Osterbrook 17 - 19, 20537 Hamburg

Friday 18:00 - 22:30 • Saturday 11:00 - 19:00 • Sunday 10:00 - 17:00

**Cost:** €200, or €180 if booked and deposit paid before 24<sup>th</sup> December

Contact and booking: Jens Liedtke +49 40 729 100 61 • 5R@spirit-in-movement.de