

A MOVEMENT MEDICINE ECSTATIC DANCE WORKSHOP

Fusion

dancing yin and yang

with
Susannah Darling Khan

Olten, Switzerland
6 -7 February 2010

Plus a Move!
open evening on
Friday 5 February



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SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

DARE TO DANCE · DARE TO DREAM

Polarity dances at the heart of life: being and doing, receiving and giving, strength and softness, leading and following, masculine and feminine.

Come and dance into the polarities within you, both familiar and unfamiliar. We will build physical and emotional intelligence and freedom through dynamic, conscious movement practice, exploring and embracing a wider spectrum in ourselves and each other. You will dance to become strong and fluid in your 'yin' energy by listening to how you are and bringing this into movement. This gives us roots and provides the ground of acceptance. And you will dance to become equally powerful and at home in your 'yang' energy. This is the energy that moves us forward and encourages us to evolve and reach for our highest possibility. The coming together of these two forces, and the creative process that this catalyses, is the dance of Fusion.

When we open up to the whole spectrum of possibility within ourselves and between us, life becomes fluid and magical. We can respond freely to life, play in the mystery and rest in the zero point at the centre.

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 beautiful marriage between feminine and masculine: delicate, sensitive and vulnerable as well as strong, powerful and clear. These polarities co-exist without contradiction, in the pure simplicity, beauty and power of a unity." Olga Mieszczanek, Dance Teacher/Therapist, Poland

No pre-requisites: open to all. **Language:** English with German translation

Dance Studio Olten • Katzenhubelweg 1 • CH-4600 Olten

Move! Introductory Evening: Friday 5 Feb. 19.00 - 22.00

Fusion: Saturday 6 Feb. 11.00 - 18.00; Sunday 7 Feb 10.30 - 16.30

Cost: Move! SFr. 50.- Fusion SFr. 325.- Both events SFr. 355.-

Early booking price for Fusion: SFr. 275.- when deposit SFr. 150.- paid by 4th Jan.

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

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