

## DATES AND BOOKING INFORMATION:

Dates: Module 1: 6 - 11 May (Sun - Friday) • Module 2: 11 - 16 Sept (Tues - Sun) • Module 3: 11 - 16 Dec (Tues - Sun)

All modules begin with dinner at 7pm and finish with lunch which begins at 1.30pm, and are residential at Waldhaus Zentrum, Lützelflüh, Switzerland.

Cost: Sfr 3750 (to include all tuition, food and accommodation). Early Booking Discount: discount of Sfr 250 for bookings made with deposit by 1.3.2012.

The course fees are paid in instalments. Details will be sent with your application form.

Prerequisites: 25 Hours of Movement Medicine or other related practice.

## ESSENTIALS OF MOVEMENT MEDICINE

# THE JOURNEY OF EMPOWERMENT

ongoing group

*"There is something totally and magically liberating  
in this skilful combination of body and voice work.  
I felt myself growing whole again."*  
Angie Kotler

For an application form and information contact RW Events:  
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with  
Susannah Darling Khan

May - December 2012  
3 modules

Waldhaus, Switzerland

**SCHOOL OF MOVEMENT MEDICINE**  
[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)  
DARE TO DANCE · DARE TO DREAM

*"This course gave me the chance to express what I thought to be inexpressible and to witness real miracles of physicality and spirituality." Jamie (England)*

The Journey of Empowerment is the first step of the intensive long-term curriculum offered by the School of Movement Medicine. It can also be taken simply for its own sake. Movement Medicine is an integration of artistic, spiritual, shamanic and therapeutic wisdom. It is designed to support you to grow into embodying and manifesting your true nature through accepting all that you are and becoming all that you can become, making your unique contribution to life on earth. The Journey of Empowerment is an initiation into the essential practices of Movement Medicine.

Conscious, ecstatic movement, voice and rhythm practice, and self-enquiry, offer a joyful way to learn, to explore, to heal and to discover how to align the vertical axis of body, heart and mind, so connecting heaven and earth. When our physical, emotional and mental intelligence is awake, balanced, and aligned the light of our soul can shine through. The committed community of the group creates an oasis of mutual trust and respect in which each participant is supported to blossom in their own unique way.

**During the course you will:**

- Explore the wisdom and creativity that the dancer inside you has access to
- Invite your heart and voice to find freedom through vocal improvisation and song
- Develop confidence with simple rhythm practice, which gives ground and support to the whole psyche
- Stretch and challenge your mind through self-enquiry using writing, mindfulness and 'incantation' practices
- Connect with the natural world and the elements as allies
- Receive personal feedback, teaching and support to develop a personal daily practice

**Benefits:**

- Develop your capacity for natural ecstasy through dance and song
- Learn to accept yourself as you are, seeing yourself with honesty and compassion
- Discover your own 'medicine', align with your purpose and wake up the potential of your personal power and your ability to make a difference
- Release unconscious patterns and unlearn old habits of fear
- Develop compassionate relationship with your self, others and life
- Integrate what you find in the workshop context into your daily life

**Who is it for?**

The Journey of Empowerment is a catalytic journey of transformation. This Ongoing Group is an essential prerequisite for those wanting to take the whole Movement Medicine journey as well as those simply wishing to deeply immerse themselves in Movement Medicine practice. You need to be ready to commit to the group and to take responsibility for yourself. It is important that you have enough inner and outer support to allow change to be a positive force. Some Movement Medicine practice is recommended as preparation. Musical ability is welcomed but is not a requirement. All ages and abilities can benefit from this course.

**Background of the work:**

**Ground and Release the Body:** This work grows out of Susannah's life long study and fascination with dance, movement and healing, including 18 years of apprenticeship with Gabrielle Roth and 19 years of detailed movement practice with Helen Poynor.

**Open, Express and Connect The Heart and the Voice:** Susannah is an empowering and supportive teacher of voice. For her, singing, like dancing, is a natural part of being human and is a powerful and empowering source of joy, expression and togetherness. She has studied voice and music with many renowned teachers and has created 5 well-loved CDs.

**Stretch and Challenge the Mind:** Susannah is trained as a Gestalt therapist and is trained in Family Constellations. You will be compassionately supported to enquire into your assumptions about life using several methods, including contemplation and writing. You will learn mindfulness practices to cultivate the qualities of awareness, truth, intention, gratitude, connectedness and kindness.



Susannah's refined, precise and joyous way of teaching conscious ecstatic dance is well known. This is her 21st Ongoing Group. Her compassion combined with her empathic perceptiveness and warm being creates a ground where each of us can flourish in truth and love. She co-directs the School of Movement Medicine with her husband Ya'Acov. Movement Medicine grows out of a 29 year journey of study, practice. Susannah's original background is in Anthropology (1st Class Hons UCL 1986) and Gestalt Psychotherapy (Graduate of the Gestalt Centre London, 1990). She is the Co-Author of *Movement Medicine – 9 Gateways to Living the Dream*.

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

*"Rich deep expansive training that allows the whole body, heart, mind, soul to deepen its expression. Increased articulation of all aspects of the human vehicle through precise, delicate and powerful exercises allow the body to hone, tune, resonate with its own soul note."* Yasia (England)