

Cost: £210 (a not-for-profit event)

Deposit: £65 (non-refundable) to secure your place Payment 2: £145 by May 1<sup>st</sup> 2010

All cheques (payable to School of Movement Medicine) to be sent to RW Events, please don't send any money until your application has been approved. We accept both credit and debit card payments, please call us on +44 (0)1803 762 255.



Movement Medicine is the result of Susannah and Ya'Acov Darling Khan's 25 years of research into and practice of human possibility and transformation. They were apprenticed to Gabrielle Roth (5 Rhythms) for 18 years after training with her in 1989 and have been mentored in movement and professional practice by Helen Poyner (Walk of Life) since 1992. They have studied with healers and shamans from the Amazon to the Arctic Circle and are the authors of Movement Medicine - *How to Dance, Awaken and Live your Dreams* and the creators of *Movement Medicine Volume 1 - For the Dance of Life* (Hay House 2009).

Susannah's background is in Gestalt, Anthropology, Family Constellations, healing, voice work and music. Ya'Acov's background is in Visual Communications, Youth Work, peace action and shamanism. They are both trained Be the Change facilitators and integrate the work of the Pachamama Alliance into their teachings and workshops.

Application forms available from: RW Events, Nappers Crossing, Staverton, Devon TQ9 6PD, UK  
+44 (0)1803 762 255 · roland@rwevents.co.uk · www.schoolofmovementmedicine.com

A MOVEMENT MEDICINE DANCE CEREMONY

# SUMMER LONG DANCE

2 - 6 July 2010

Somerset, UK



SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM

*"The long dance is an intense spiritual practice: a simple discipline of staying with the dance... moving... witnessing... moving... witnessing... and moving again in the powerful cauldron of the deep silence of music.  
The process brought me into a close healing relationship with my ancestors." Catherine Wright, Interfaith Minister*

#### Invitation

We have developed the Long Dance ceremony over the past two decades as a way to join in deep community to dance, sing and pray together for all our relations.

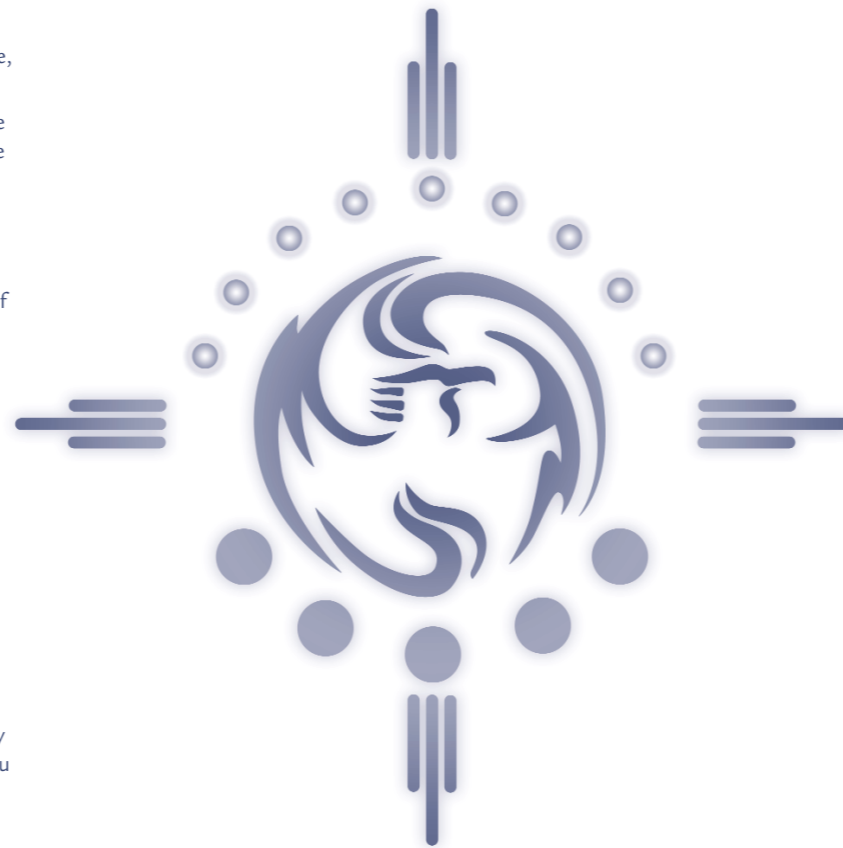
We ran the first 48-hour version in 2009 with our apprentices. In 2010 we are opening the 48 hour Long Dance to the wider circle and our apprentices will be helping us to host it as part of their learning. It will happen in a large marquee at the edge of the ancient Somerset levels, a magical landscape very close to the Earth Spirit Centre in Glastonbury.

The ceremony provides a profoundly healing, catalytic and magical space where each individual is encouraged to find their own unique way of expressing their dreams and love for life through the dance. The Movement Medicine teachings are all represented in the Movement Medicine mandala and the ceremony is grounded in these teachings. It's an opportunity to spend some time remembering that our own personal wellbeing is connected to the wellbeing of the planet, and to dedicate our dance to all our relations, past, present and future.

In order to participate in the Long Dance, you must have either worked with Ya'Acov and Susannah before or be recommended by someone who is known to them. In all cases, participation is by application. You must also commit to the following:

- To stay with the ceremony from beginning to end except in the case of medical need or emergency.
- To raise a minimum of £200 for any project or projects that you wish to dance for. We will have one collective project that you can also choose to support if you wish to.
- To abide by the simple alchemy of the ceremony which will be explained to you and to respect all other dancers.
- To prepare yourself fully for the ceremony and to take full responsibility for your own wellbeing throughout and after the ceremony.
- To be an active participant in the ceremony, taking care of yourself, others, and the space.

The deeper we dance, the more we directly experience the reality of the interconnected nature of all life. This recognition is not just a blissful experience. It's a remembering of our responsibility to honour and protect the sanctity of life, each in our own way. This is a give-away ceremony and therefore, it is a not-for-profit event and all costs to you are simply to cover the cost of putting the Long Dance on. There is no tuition fee and any monies left over at the end of the event will go entirely towards supporting charitable projects.



#### What happens at the Long Dance?

- There are 21 stations on the movement medicine mandala and you will dance through all of them twice, once for yourself, and once as a prayer for the world.
- You will have many opportunities to weave dreams for yourself, to dance for others and the environment, to dance with and for your ancestors and descendants and to disappear in the dance itself.
- We will dance for 22 hours a day. The music will stop for between 2 and 3 hours each night.
- You can rest when you need to though we need a certain percentage of dancers to be dancing throughout.
- There will be a mixture of live music with excellent musicians and DJ's experienced in playing music for ceremony.
- There will be different kinds of healers working throughout the Long Dance for those who need them. They work on a donation basis.
- We will not stop for meals but highly nutritious organic energy bars, nuts and fruit will be available throughout the ceremony for those who need them. Water is available to drink. If you wish to fast throughout the ceremony you are welcome to do so but we ask that you make sure to prepare your body for this and that you take medical or nutritional advice to make sure that this is OK for you, especially if you haven't fasted before. Water is available to drink.
- Before the ceremony and for the night afterwards, you will be camping at the Earth Spirit centre in Glastonbury where the third module of our apprenticeship will be taking place.
- There will be toilets and basic washing facilities on site.
- We will end our ceremony with a beautiful feast back at the Earth Spirit Centre.

#### Schedule

**Friday 2<sup>nd</sup>** Arrive in the afternoon. Pitch your tent. Have dinner at the Earth Spirit centre. Relax and hang out with other participants and take part in the opening ceremony.

**Saturday 3<sup>rd</sup>** Breakfast and lunch at the Earth Spirit Centre. Morning dance session with Ya'Acov and Susannah. The day will be spent in preparation for the Long Dance which will begin in the late afternoon/early evening.

**Long Dance Ceremony** 48 Hours from late Saturday afternoon to late Monday afternoon.

**Monday 5<sup>th</sup>** The ceremony will end late afternoon. Celebratory feast in the evening.

**Tuesday 6<sup>th</sup>** Breakfast and goodbyes.

*"A beautiful experience of community and connection.  
I loved the simplicity, the humour and the simultaneous presence of both lightness and depth." Rosie Perks, Graphic Designer*