

INTRODUCING MOVEMENT MEDICINE

move! dance for life

with Ya'Acov Darling Khan

Cape Town



15 - 16
May 2010

Plus an
open evening:
14 May

SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

DARE TO DANCE · DARE TO DREAM

Welcome to the School of Movement Medicine's First Workshop in South Africa. Movement Medicine is a modern meditation practice rooted in the tradition of shamanic and ecstatic dance designed to:

- Introduce you to the creativity and freedom of the dancer within you.
- Empower you to know and embody your highest purpose is in this life.
- Discover the contentment and happiness that comes from learning to dance with life and contribute everything you've got.
- Take you on a personal journey to the place where you are living your dreams.

Move! is an invigorating introduction to Movement Medicine where you will:

- Learn the basics of Movement Medicine practice, gain access to the intuitive wisdom of the dancer inside you.
- Wake up from the 'trance' of daily life and connect with your self and others.
- Discover the healing transformative power of the life force inside you.
- Recognise the power you have to embody your dreams.

Ya'Acov provides careful and specific guidance so that you can discover the aliveness, creativity of the dancer inside that has an innate ability to see, connect and work with the big picture of our lives. **No matter your age, shape or background, your inner dancer is just waiting for your permission to Move!**

Movement Medicine is an integration of physical, artistic, shamanic, devotional and therapeutic practice. It is the result of Susannah & Ya'Acov Darling Khan's 25 years of research into and practice of human possibility and transformation. They were apprenticed to Gabrielle Roth (*5Rhythms*) for 18 years 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*. Ya'Acov's background is in Visual Communications, Youth Work, peace action and shamanism. He is a trained Be the Change facilitator and integrates the work of the Pachamama Alliance into his workshops.



Cape Town • South Africa

Move! 15th - 16th May 2010 • Open evening 14th May 2010

Cost: Move! R1550 15% discount if paid in full by 9th April

Open Evening: R150 50% discount if booked with Move! weekend

To book and for further information contact Jayne:

shellosh@yahoo.com • 0766963527 • facebook group: Dance Dance Dance