

MOVEMENT MEDICINE DANCE EVENINGS

move! London 2011

dance for life



7 - 10 pm

15 February

9 May

10 October

SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

DARE TO DANCE · DARE TO DREAM

Move! is a simple and invigorating introduction to Movement Medicine, a simultaneously grounding and uplifting modern meditation practice rooted in the tradition of ecstatic dance.

In the class, you will:

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

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

Susannah & Ya'Acov were apprenticed to Gabrielle Roth (*5 Rhythms*) 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* (Hay House 2009).



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



7 - 10pm

15 February, 9 May and 10 October 2011

Cost: £15 per class, pay on door If you bring a friend who has not danced with us before you can take part in the class for £10 each.

Call or email to secure a place in advance.

Contact Alex: 07868842219 • alexhanly@hotmail.com