

Movement Medicine

An Introduction to The Way of The Dancing Warrior
with Susannah & Ya'Acov Darling Khan

March 7th - 11th 2007
Rattery, Devon, UK

5 Rhythms™ Ecstatic Dance
Movement Meditation & Ceremony

The Moving Center School UK
www.5rhythmsuk.com



Since the first beat of the drum, dance has bridged the personal, community and spirit worlds. No matter your age, shape or experience, the 5 Rhythms creates freedom of movement and states of heightened awareness.

Movement Medicine is an opportunity to work with Susannah & Ya'Acov together and be guided on a deep initiation into The Way of the Dancing Warrior. It is suitable for beginners and those with experience who wish to take their practice deeper. You will learn how to align your physical and emotional worlds by bringing them into movement. You will go on shamanic journeys to find allies in your dance so that you can develop your own dancing 'medicine wheel'.

The 5 Rhythms are an exhilarating and liberating approach to the exploration of movement as spiritual practice. The Dancing Warrior is an invaluable guide on life's journey. For the Dancing Warrior, life is the Great Choreographer and we are dancers on the dancing path. Everything that arises is therefore an opportunity to find the fluidity and the strength to learn from the situation and to discover how to dance with it. For the Dancing Warrior, the deepest prayer is to be able to give everything we have inside us in celebration of and gratitude for the life we have been given.

We invite you to come and join us to find the joy of disciplined study, the freedom of the dance, and the companionship of a dancing community.

Ya'Acov & Susannah have been teaching internationally since 1989 when they trained with Gabrielle Roth. They are two of the most experienced and inspiring teachers in the 5 Rhythms tribe and they direct The Moving Centre School in the UK.



Susannah is known for her warmth, clarity, passion and humour. She teaches with precision and space, so that the spirit and teaching of each Rhythm is illuminated through one's direct physical experience. Her background is in Anthropology and Gestalt Psycho-therapy.

"Susannah is a master choreographer of energy and specialist in heart art."

David Rose, Director of Soul Wave.



Ya'Acov's teaching is a blend of warmth, humour, and a well-guided dance along the thin edge of the unknown. He has been studying and practicing shamanism for over 20 years and is continuing his lifelong apprenticeship in the creative and healing arts with shamans in the Amazon.

"Ya'Acov teaches with mastery, one ear listening for guidance from beyond. The simplicity of his structures gives space for enormous depth. His workshops are vast landscapes where the soul can dream wholeness." Andrew Holmes. 5 Rhythms Teacher.

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Wed 7th, 12 - 6 • Thurs 8th, 11 - 6 • Fri 9th, 11 - 6 • Sat 10th, 11 - 6 • Sun 11th, 11 - 4

The Village Hall • Rattery • Totnes • South Devon • UK

Cost: £295 to include delicious nutritious lunch each day.

Early Payment discount £60 if booked with deposit by January 5th 2007.

To book send a non-returnable deposit of £95 (payable to Susanne Fehr) to:

Susanne Fehr, 5 Bank House, 22 West St, Ashburton, Devon TQ13 7DU, UK
t: +44 (0)1364 653184 • e: breakthroughgr@yahoo.co.uk