

MOVEMENT MEDICINE TO DEVELOP COMPASSION

THE PHOENIX RETREAT

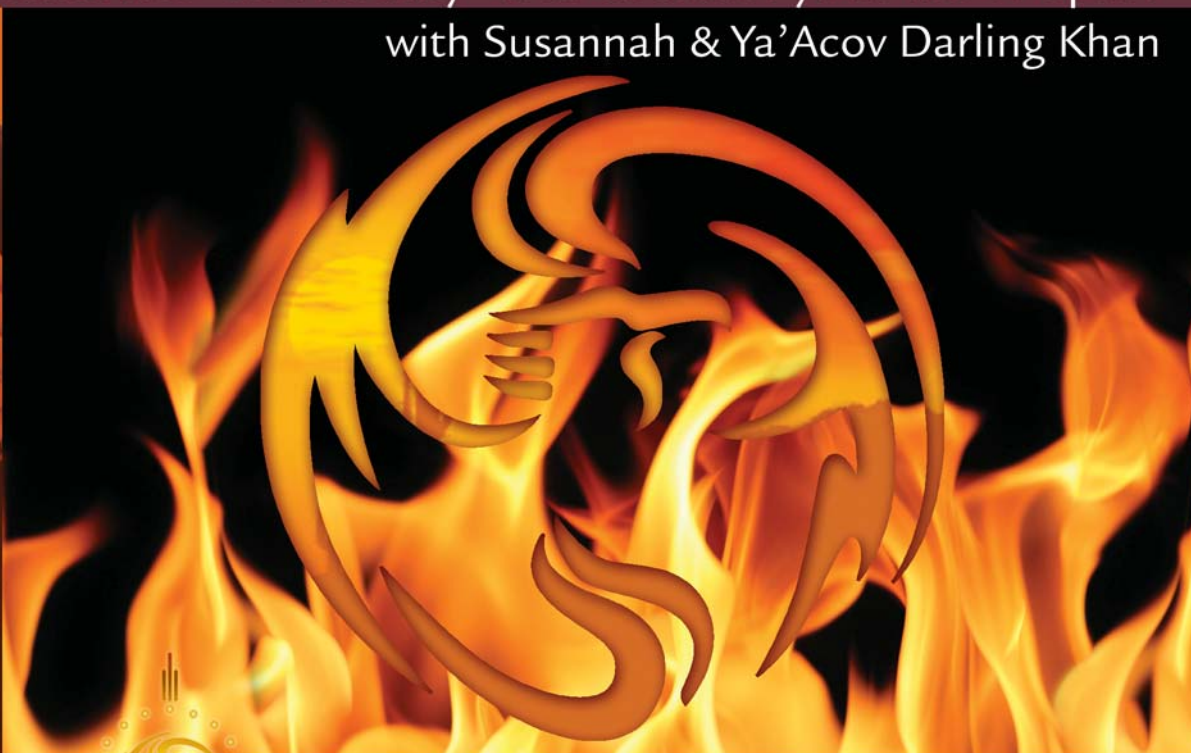
witness the 'understudy' and dedicate your life to spirit

with Susannah & Ya'Acov Darling Khan



Earth Spirit Centre
Somerset, UK

5 - 13 March
2010



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SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

DARE TO DANCE · DARE TO DREAM

"When the power of love overcomes the love of power, the world will know peace" Jimi Hendrix

The Phoenix Retreat is designed to invite and catalyse you into a new level of awareness, assuming responsibility and commitment to living your life in alignment with your deepest purpose. This 7-day retreat is only open to those who have completed **Initiation** or an **Ongoing Group**. It is also a gateway workshop for those who want to take part in our **Apprenticeship Programme**.

As we develop, life provides us with the perfect challenges through which we can evolve. On **The Phoenix Retreat**, we will work with what we call the 'creation story' you have inherited and lived from whose characters we call 'understudies.' In the theatre, an understudy is a person who learns another's role in order to be able to act as a replacement. On 'the stage of life,' these understudies have taken to performing nearly all the time, for ever reciting perfectly learnt lines and repeatedly executing the moves of a well rehearsed routine, while the real stars wait hidden in the wings. They shouldn't be blamed for this. After all, they came into being with the intention of protecting your essence and behind each one, lies a well guarded jewel. However, without your attention, these understudies will continue their performances on automatic pilot for your entire lifetime even if it no longer serves your deeper interests.

Movement Medicine helps in developing the self-acceptance and clear intention necessary to create the conditions in which the understudies will become visible



"Susannah creates a hallowed space. Her teaching has enormous lucidity; it's both subtle and simple. I feel in safe, respectful hands. She brings a lovely balance between cool, clear muscular thought, quick humour, joy and a wild daring too: a graceful marriage between mind and body, masculine and feminine, sensitivity and innate authority." Susan Law, Psychotherapist and Trainer.

to you. Once illuminated, you can compassionately and with gratitude for the job each has done, invite them to step aside and make way for the essential self they have been protecting. What is then revealed and how you integrate and embody that is the work of the Phoenix Retreat.

The Phoenix Retreat will include:

- **Movement Medicine** practice to develop the body/heart/mind alignment necessary for self-acceptance and effective action
- Daily yoga practice for flexibility and focus
- Compassionately witnessing, understanding and releasing the unconsciousness that surrounds the understudies at the gateway to the soul
- Learn how to find the root of each understudy, and reveal and embody the soul essence that it came into being to protect
- A physical detox that will focus on energising and balancing the body
- A Medicine Lodge ceremony to dedicate your life to your highest purpose
- Working together to unveil a new 'creation story' that is up to date and in alignment with the dreams you hold deep within you

Phoenix medicine is the ability we all have to rise from the flames of separation, suffering, or plain old mediocrity, born anew in understanding, wisdom and dedication to the life we are here to live.



"Ya'Acov teaches with mastery, one ear listening for guidance from beyond. He creates a field of trance in which the psyche can build and mend. His workshops are vast landscapes where the soul can dream wholeness."

Andrew Holmes. 5Rhythms Teacher.

The workshop is limited to 44 participants and is open by application only to those who have done a minimum of one **Ongoing Group** or the **Initiation** workshop. The most important prerequisite is that you feel ready to see yourself and be seen in your light and shadow with humour, truth, and love.

5pm, 5 March - 2pm, 13 March 2010 • Earth Spirit Centre, Somerset, UK

Cost: £995 to include food and accommodation.

There is an early payment discount of £100 for bookings received before November 14th 2009.

Deposit £195, payable to *School of Movement Medicine*. For an application form and further information please contact:

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