

Return of the Light

a movement medicine workshop
with Ya'Acov Darling Khan

Manchester

26 - 28
March
2010



bring the life of the dance into the dance of your life

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SCHOOL OF MOVEMENT MEDICINE
www.schoolofmovementmedicine.com
DARE TO DANCE · DARE TO DREAM

Movement Medicine is an improvisational movement practice rooted in the traditions of ecstatic dance. It gives us access to the energy and potency we need to make our whole life a work of art.

In this workshop, you will:

- Learn to trust and follow the inspiration of the dancer within
- Give the body, heart and mind a 'spring clean' releasing what no longer serves you
- Welcome the return of the spring and the light into your dance
- Refresh and sharpen your sense of direction and your commitment to being who you are and giving all you've got
- Embodiment and dance your prayers for yourself, others and the world

This workshop is an opportunity to engage in a deep, joyous, dancing journey of personal renewal through Movement Medicine practice.

Open to beginners and to experienced practitioners of all ages and abilities. The only prerequisite you need is the willingness to move and the courage to dare to dream.



Ya'Acov has been studying and practicing shamanism all his life with many gifted teachers from the Arctic to the Amazon. His workshops are inspiring, empowering, contemporary and practical and are attended by people from all walks of life. He has been teaching internationally since

1989, and is the Co-Author of *Movement Medicine – How to Awaken, Dance and Live your Dreams*.

"Ya'Acov is blessed with a strong and energetic shamanic spirit, a talented dreamer and imaginative teacher. His work is unique, potent, full of creative originality and compassionate insight. He is a true worldbridger and a warrior of the heart." Duncan Wordley, Director of Circle of Flowers Shamanic School

The Simon Building • MMU Didsbury Campus • 799 Wilmslow Rd • Didsbury • M20 2RR
Friday 26th March, 7 – 10pm • Saturday 27th, 11am – 6pm • Sunday 28th, 10.30am – 5pm
Cost: £110 if paid in full by 29th January 2010 and £125 thereafter.

To book send Elaine a £50 non-returnable deposit with your details (payable to *Elaine Swords*):
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