

A MOVEMENT MEDICINE WORKSHOP

# ROCK MY SOUL!

celebrating the physical and the spiritual

with Susannah Darling Khan

Copenhagen

19 - 20 June

2010

Plus Move!  
open evening  
Friday 18 June



SCHOOL OF MOVEMENT MEDICINE

[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)

DARE TO DANCE · DARE TO DREAM

An invitation to bring together the sensual and the spiritual, the party and the prayer, and to dance and dance and dance.

Dance is a key to releasing the ecstatic potential which is part of your human inheritance. Movement Medicine supports you to become grounded and awake in your body and on this earth, to find the awareness, responsibility and permission to wake up to your strength and your sensitivity. Then, when the music hits the spot and we choose to let the dance take us, the spirit of life can come blazing through. To connect deeply with yourself, with others, with the wild, free, beautiful dance of life, and the still, silent space at the centre of it all: this is the prayer of Rock My Soul!

Dance is a part of all cultures, often as part of personal and collective healing. Movement Medicine is a modern western version of this ancient practice. You are welcome to explore this meeting of the spiritual and the physical, with all your vulnerabilities and passions, your fears and fierceness, your loves and your losses. Come and dance!

**Pre-requisites:** Preferably a Move! evening or experience in related movement practice.



**Movement Medicine** is the synthesis of Susannah and Ya'Acov Darling Khan's work over the last 25 years, including teaching 5Rhythms internationally since training in 1989. Susannah teaches with compassion, clarity, wisdom and humour. She offers a joyous approach to personal and collective healing.

*"Susannah has been a beacon of effervescent integrity for me over the years while my own awareness, healing and growth has matured. I would encourage anyone with dance in their heart and feet to find the earliest possible opportunity to work with her."* Jason Rowe

Frøbelseminariet • Henrik Steffensvej • Frederiksberg

Move! Friday 18<sup>th</sup> June 19.00 – 21.30

Rock My Soul: Saturday 19<sup>th</sup> 11.00 – 18.00; Sunday 20<sup>th</sup> 10.00 – 16.30

**Cost when booked and paid by May 15<sup>th</sup> 2010:**

Move! 200kr. Rock My Soul 1500kr. 1600kr. if booked together.

**Cost thereafter:**

Move! 250kr. Rock My Soul 1650kr. 1800kr. booked together.

To book and other information:

Bina Vainer 22848822 • burningbina@yahoo.com