

MOVEMENT MEDICINE FOR BODY HEART AND MIND

Sanctuary

a women's residential intensive

8 - 11 April
2010



with Susannah Darling Khan

SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com



Gruberhof
Mittersill, Austria

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You are invited to **Sanctuary**. Come and nourish, strengthen and renew your unique self through the subtle alchemy of Movement Medicine. This workshop is an opportunity to experience women's tribal gathering, to connect with your roots, free your creative possibilities and blossom into more of who you are. The thread which weaves it all together is the sheer exhilarating joy of dancing, celebrating the body and its intuitive wisdom.

With movement, ritual and story we acknowledge our ancestors. Energy which may have been frozen or stuck flows again and can transform into support, compassion and wisdom. In the supportive context of women's community we explore the spectrum of our archetypal energies, acknowledging our familiar 'homes' and stretching into new territory. And we create our own rites of passage, marking the transitions in our own life story and celebrating and welcoming the women that we are and can become. You are welcome!

Please note: This workshop work is catalytic and is suitable for those able to take responsibility for their own process.

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. She is the co-author of *Movement Medicine – How to Awaken, Dance and Live your Dreams*.



"Dancing with Susannah is a golden opportunity. Susannah is a warm, wise, deep, joyous woman with immense healing, compassionate presence. She helps us to experience and dive in to both our own light and darkness, bringing us in to our own depth and wisdom through the dance." Pernilla Carrier, Kinesiologist and Voiceyoga

"What a pleasure to be held by Susannah's gentle, courageous strength. Her spontaneous wisdom led us light footed through dark forests. The incredible ritual theatre we created at the end; stories, rites of passage, playful and majestic. I've watched and studied a lot of theatre. The work we women produced in only a short time was extraordinary. A sublime workshop!" Wendee Quelch, Actress and Teacher

"Sanctuary was a beautiful and moving gift. I danced through my joy and grief. I have began to celebrate me; my strength, power, beauty, sexyness, my vulnerability and my giving heart. Sanctuary was a space for me to be me, all that I am, to dance myself into being." Jo Evans, Charity Co-ordinator

"I am brought home to my body, full of pleasure, self acceptance, well-being, joy and optimism. A truly potent sanctuary!" Susan Law, Psychotherapist & Trainer

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We will begin with supper at 6.30pm on Thursday and finish with lunch at 1.30pm on Sunday.

Cost: Tuiton 320€ • Early booking price 270€ when full fee paid before 1 March 2010
Food and Accommodation from 165€

For more information and to book please contact Andrea Rainer: +43 664 38 08 073 • andrea_rainer@hotmail.com