

MOVEMENT MEDICINE FOR BODY HEART AND MIND

# Sanctuary

a women's residential intensive

29 March

- 1 April

2012

with  
Susannah Darling Khan

Akademie am  
Meer Klappholtal  
Insel Sylt



SCHOOL OF MOVEMENT MEDICINE

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You are invited to Sanctuary. Come and welcome, nourish and renew the woman you are within a circle of sisters. Throughout history women have gathered together to heal and re-connect with the sacred. Sanctuary is a contemporary expression of this ancient impulse. This time on earth needs women (and men!) strong enough to be at home in their vulnerability, courageous enough to follow their hearts, empowered to be the unique, creative, connected beings we dream to be.

Through the sheer joy of conscious dance the freedom of your inner dancer is released, allowing you to connect with your depth, light, sensuality, strength and essential wisdom. We dance to nourish our deep joy in life, to acknowledge the pain, to mend what has been broken and to honour the unique, creative wholeness of each one of us. We dance to come home to ourselves: the full sense of bodies, the beauty of our sexuality, the full spectrum of our hearts, our wild minds and our unique souls. We dance to remember where we have come from and dream into where we want to go.

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

*“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 begun 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

## 29.3. - 1.4. 2012 • Akademie am Meer Klappholtal, Insel Sylt

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

Cost:

Tuition 320 € • Early booking price 270 € when full fee paid before 17 February 2012

Food and Accomodation from 80 € - 86 € per day/person plus 4,50 € visitors tax.

For more information and to book please contact Petra Cegla: +49 4651 87 12 76 • [info@core-movement.com](mailto:info@core-movement.com)

We create rites of passage for our times and for our lives, celebrating and welcoming the women that we are and can become. Within the support and power of this women’s circle so much is possible. Come and dance!

**Movement Medicine** is the synthesis of Susannah and Ya’Acov Darling Khan’s work over the last 25 years, including teaching 5Rhythms internationally for 18 years. **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