

MOVEMENT MEDICINE FOR BODY, HEART AND MIND
THE WAY OF THE DANCING WARRIOR
with Ya'Acov Darling Khan



18-20 May 2012 · Luzern

Contact: www.kf-events.ch · kat@kf-events.ch

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



The **Dancing Warrior** embodies a powerful and creative force that resides within us all. It is an archetypal energy you can gain access to by surrendering to the force of the dance. The Dancing Warrior knows the potency of combining the powers of acceptance and intention and is aware of what is going on around them, knows how to listen to the wisdom within, and possesses the driving force and the peace to dance with whatever life brings.

We are all made from the elements. Bringing movement, awareness and equilibrium to the elements within us helps us to find balance and harmony with the elemental world to which we belong. We are interconnected beings. Forgetting this is a primary cause of many of our day-to-day problems. The Way of the Dancing Warrior is an opportunity to remember through direct experience that each one of us is a unique manifestation in the dance of life.

In this workshop, you will:

- Learn to embody the four elements in your dance
- Create your own elemental dancing medicine wheel and through this, learn to nourish, strengthen, and cleanse your own energy system
- Learn to extend the freedom of the Dancing Warrior toward others, and the whole community of life on earth through simple dancing ritual

At the end of the workshop, you will be able to take home a powerful toolkit for personal practice that will support you to bring all that you have learned into your day-to-day life.

Prerequisites: open to anyone with or without previous experience.



Movement Medicine is the synthesis of Susannah and Ya'Acov Darling Khan's work over the last 28 years. Ya'Acov has been studying and practicing shamanism all his life with many gifted teachers and he brings a wealth of experience and knowledge to his work. His workshops are deeply practical and down-to-earth as well as catalytic, transformative, uplifting and inspiring.

Bruch Turnhalle, Zähringerstrasse 16, 6003 Luzern

Fr. 18th May 19.00 - 22.00 • Sa. 19th 10.30 - 18.30 • Su. 20th 10.00 - 16.30

Cost: CHF 375.- or CHF 325.- if booked & deposit of CHF 150.- paid by 1.4.12

Fri 18th is included in the weekend, it can also be booked separately, if space is still available, after April 1st at a cost of CHF 50.-

Information, booking & bank details on www.kf-events.ch or from Kat Forrester:
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