

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



4 - 8 May 2011 · Oksnoen, Raade, Norway

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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 that you can gain access to through a deep surrender to the force of the dance. The Dancing Warrior knows about the potency of combining the powers of acceptance and intention. She or he is aware of what is going on around them, knows how to listen to the wisdom within, and possess the driving force and the peace within 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

The workshop is open to anyone with or without previous Movement Medicine experience.

The price includes the CD, Movement Medicine Volume 1: For the Dance of Life, which has guided meditations and original music to support you in continuing your practice at home.



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. He is the Co-Author of *Movement Medicine – 9 Gateways to Living the Dream*.

"In working with Ya'Acov I've become so aware of dance and movement as a deeply shamanic process, as an art form and as a means to develop a sensual connection to all of life. His simplicity and integrity, blended with a powerful understanding of the human condition, make his workshops an incredibly safe and nurturing place to develop. If you want honest truth and clear cut guidance, I cannot recommend him highly enough. He is a shaman, a healer, a master of ceremony and a promoter of an excellent life for all, including our planet!" Caroline Carey, Movement Teacher

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Starting at 7pm Wednesday 4 May and finishing with lunch at 1.30pm on Sunday 8 May

Oksnoen • Raade • Norway

Cost: NOK 5600,- includes tuition, accomodation and 3 vegetarian meals a day

There is an early booking discount of NOK 600,- when booked with a non-refundable deposit of NOK 1000,- by 15 March 2011.

For bookings and information contact Marit Winther:
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