

MOVEMENT MEDICINE FOR BODY HEART AND MIND

# Returning Home

a winter solstice ecstatic dance gathering

with Susannah and Ya'Acov Darling Khan

Waldhaus  
Zentrum,  
Lützelflüh,  
Switzerland

18 - 22  
December  
2010

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SCHOOL OF MOVEMENT MEDICINE

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

DARE TO DANCE · DARE TO DREAM



At the darkest point of the year, we will gather together at the beautiful Waldhaus Zentrum in Switzerland. We will take time to enjoy the beautiful environment and digest and let go of the year we've lived through in dance, ritual theatre and art-work.

Returning to the still point at the centre of our own turning wheel, we will follow the energy of the season and let go, let be, and see what needs to be seen in the darkness. We will invite the silent wisdom we hold in our cells to speak to us of Winter dreams. We will plant the seeds of our dreams in the fertile ground of the dance and let the dancer translate these dreams into movement, art and ritual.

Sharing our stories by the fire-side and through the discipline of focused Movement Medicine practice, we will sweat our prayers for ourselves, our relations and the wider web to which we belong.

Return with us to the ground of being, the stillness of the season and the beauty of the land. This workshop is an invitation to return to the roots of yourself and at Winter Solstice, nourish the dark spark of what feeds you, what inspires you and what keeps you connected.

**Susannah** and **Ya'Acov** are directors of the School of Movement Medicine and have been leading movement workshops at this time of year since 1989. *"For us, this is a special time, a time to look back, let go and give thanks for the year that has been. A time to focus on what is important to us, sharpen our intent, and make space for the dreams of a*

*new cycle. We have found this process both moving and effective as we dance ourselves into the fresh landscape of a new year. We look forward to dancing with you."*



Susannah's background is in Anthropology (1st Class Hons UCL 1986) and Gestalt Psycho-therapy (Graduate of the Gestalt Centre London 1988). Her teaching is full with energy, clarity, sensitivity and her infectious love of the dance itself.

*"Susannah is a master choreographer of energy and a specialist in heart art."* David Rose, Director of Soul Wave



Ya'Acov has been studying and practicing shamanism all his life with many gifted teachers from the Arctic to the Amazon. His workshops are inspiring, empowering, contemporary and practical and are attended by people from all walks of life.

*"Ya'Acov teaches with mastery, one ear listening for guidance from beyond. The simplicity of his structures gives space for enormous depth. Ya'Acov's workshops are vast landscapes where the soul can dream wholeness."*  
Andrew Holmes, 5 Rhythms Teacher

**18 - 22 December 2008 · Waldhaus Zentrum, Lützelflüh, Switzerland**

**Total Cost: Sfr.1252**

Accommodation including food Sfr 412; price based on dormitory accommodation, single and double/twin rooms are available at a supplement cost.

Tuition: SFr 640. Deposit Sfr 200

Early Payment discount: Sfr 200 for booking received with deposit by 14 October 2010

**Bookings and Information:** RW Events, Nappers Crossing, Staverton, Devon TQ9 6PD, UK

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