

A SHAMANIC JOURNEY THROUGH THE 21 GATEWAYS OF THE MOVEMENT MEDICINE MANDALA

# 21 GRATITUDES

INFORMATION:  
[WWW.VEREINDYNAMO.CH](http://WWW.VEREINDYNAMO.CH)  
BOOKING:  
[WWW.KF-EVENTS.CH](http://WWW.KF-EVENTS.CH)

LUZERN  
MAY 13 - 15  
2016

WITH  
YA'ACOV  
DARLING  
KHAN

SCHOOL OF MOVEMENT MEDICINE  
[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)  
MINDFULNESS IN MOTION

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” John. F. Kennedy

The Movement Medicine Mandala tells a story of wholeness, connection and balance in all aspects of life. Within the Mandala, these aspects are represented by the 21 Gateways. By honouring all aspects of life – both the darkness and the light – the Mandala invites us to recognise, and ultimately know gratitude for, all the gifts and challenges that life brings. It also illuminates the shadows that when un-owned, dull the integrity of who we are. An embodied enquiry into our relationship to each of the 21 Gateways invites us to stretch our awareness to include many more points of view than we would normally allow, bringing us new perspectives on our current situation.

We will begin our work with an enquiry into how we are and what we are bringing with us. What issues are we facing in our personal lives, our work, our life-journey as a whole? What requires acceptance? What needs release?

To support us to fully open to these questions, we will create a strong circle – one that is safe enough to allow us to do our work and deep enough to help us meet the challenges of our lives in ever more creative ways.

On Sunday, with the help of live music\*, we will enter ritual space and journey through all 21 Gateways of the Mandala. This will be a deep Movement Medicine shamanic journey; an invitation to discover our blind spots, be open to expansion and change, and be willing to re-commit to what matters most to us. \* Musician: Beat Ernesto of Somos Organicos

For beginners or advanced practitioners of Movement Medicine, whatever your age or ability, come as you are and give what you've got.



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, transformative, catalytic, uplifting and inspiring.

Bruch Turnhalle, Zähringerstrasse 16, 6003 Luzern

Fri. May 13th 19.00 – 22.00; Sat. May 14th 9.00 – 17.00; Sun. May 15th 9.00 – 17.00

CHF 385.- Early booking discount with deposit CHF 150.- by April 13th: CHF 335.-

The Friday evening is included in the workshop, and can be booked separately, cost CHF 50.-

**Information:** [www.vereindynamo.ch](http://www.vereindynamo.ch) • (+41) 041 228 90 10 • **Information, booking and payment:** [www.kf-events.ch](http://www.kf-events.ch)  
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