

A SCHOOL OF MOVEMENT MEDICINE SHAMANIC JOURNEY

THE ALCHEMY OF INFINITY

WITH YA'ACOV
DARLING
KHAN

HEALING
THE CYCLE OF
GIVING & RECEIVING

LONDON

MAR 16 - 18, 2018

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SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

MINDFULNESS IN MOTION

THE ALCHEMY OF INFINITY

**HEALING THE CYCLE OF GIVING & RECEIVING - A MOVEMENT
MEDICINE SHAMANIC JOURNEY WITH YA'ACOV DARLING KHAN**

In the modern Western world, we are told that accumulation offers the road to satisfaction. Yet, despite acquiring more 'stuff' than any of our ancestors, we are arguably more lost, lonely and dissatisfied than any culture that has gone before us. Our focus on what we need to get is causing suffering, not only to our deepest nature, but also to the biosphere, which cannot ongoingly support our relentless hunger for more.

The infinity symbol offers us powerful medicine for this modern sickness and provides an antidote by invoking and showing us a dance of giving and receiving that is clear, generous and balanced and opens us to the state known as flow.

In this workshop, you will explore the infinity symbol through movement to consider its relevance to your daily life and the stories that you tell yourself about your capacity to receive and to give. Through carefully guided embodied enquiry, you will be invited to challenge the story of insatiable 'hunger' in you and to witness the unconscious assumptions that may be causing you suffering.

You will also be supported to shatter the binds that keep you preoccupied with what you lack and drive you to play the victim when you don't get what you want. We will call on the help of the Dancing Warrior, Wise Elder and Fool to help us recognise the ways in which we are replaying experiences from our early childhood in ways that keep us separate from the flow of reciprocity that is the dance of life.

With kindness and courage, a good dose of Movement Medicine, and a little imagination, you will discover more of where your contentment and happiness truly lie. You will reconnect to the alchemy of infinity and take steps to heal the cycle of giving and receiving for yourself and all that you love.



Ya'Acov Darling Khan: From a young age, Ya'Acov has been drawn to the spirit world of shamanism. He has pursued this yearning throughout his adult life, studying and practising shamanism with many gifted teachers around the world. He has been recognised as a shaman by Elder Shamans from the Sami (European tradition), as well as Achuar and Sapara peoples of the Amazon. He has been teaching worldwide since 1989. His Movement Medicine workshops are inspiring, empowering, contemporary and practical, and are attended by people from all walks of life. He is the co-author of Movement Medicine: How to dance, awaken and live your dreams (Hay House, 2009) and the author of Jaguar in the Body, Butterfly in the Heart: The real-life initiation of an everyday shaman (Hay House, 2017).

Venue: To be confirmed

Times: Friday 16th 7-9:30, Saturday 17th 11-6, Sunday 18th 10-5 (no lunch break)

Price: Friday, Saturday & Sunday: £165 • Early bird price: £145 (when paid in full by 02.02.18) • Saturday & Sunday only £155
Early bird price: £135 (when paid in full by 02.02.18) • Deposit £60 • Friday only: £20

Book: www.alexhanly.com/movement-medicine

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