

MOVEMENT MEDICINE FOR BODY, HEART & MIND

ARC OF TIME

ACKNOWLEDGE THE PAST · DANCE THE PRESENT · DREAM THE FUTURE

With Susannah Darling Khan

Aarau,
Switzerland
17th - 19th
February 2017



Contact Monika:
www.kf-events.ch
modi@gmx.ch



SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

MINDFULNESS IN MOTION

These are intense and challenging times. This workshop creates a potent space in which to connect with our deep-time ancestors and with those who follow in the generations to come. This work is rooted in developing our embodied, moving awareness of our aliveness now. From this ground, we dance into the dream time to honour where we come from and dream where we will go. Experiencing this long arc of time allows us to discover new perspectives, wisdom and motivation about what really matters to us. This workshop is for those who want to play their full part in these challenging times and who recognise that our deep ancestors and far descendants (whether or not we have children) may have

some profound offerings of perspective and empowerment for us. This is deep dance work about what really matters to us in life and is open to all those who have a sincere wish to dance into their own embodied soul. You are welcome!



Susannah's background is in Anthropology (1st class honours UCL 1986) and Gestalt Psychotherapy (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

Teaching language: English with German translation

Auenhalle, 5032 Aarau-Rohr, Switzerland

Friday 17th February 7 – 10pm; Saturday 18th February 11am – 6pm; Sunday 19th February 10am – 4.30pm

CHF 385.- Early booking price CHF 335.- with payment of deposit CHF 150.- by January 17th

Euro-Zone prices on request.

The Friday evening is included in the weekend, and can be booked separately as a Move evening, cost CHF 50.-

Information and booking: Monika Dittli: www.kf-events.ch • modi@gmx.ch • +41 078 738 84 70