

A MOVEMENT MEDICINE DANCE WORKSHOP

BEYOND MUSCLE & BONE

MAKING DEATH YOUR ALLY IN LIFE

WITH
YA'ACOV
DARLING KHAN

VLEUTEN
10 - 12 NOV
2017



CONTACT FRANK: INFO@KARUNA-EVENTS.NL

SCHOOL OF MOVEMENT MEDICINE • MINDFULNESS IN MOTION
WWW.SCHOOLOFMOVEMENTMEDICINE.COM

In shamanic tradition, death is the ultimate teacher. Death offers a perspective that helps us to reflect and to see ourselves clearly.

We can invite this benevolent form of death to be an ally for us while we are living and create a good relationship with it along the way.

During this weekend workshop, we invite the great force that is death to be a loving guide and teacher for us.

- What needs to die within us to let this relationship in?
- What needs to die inside us to know ourselves as more than muscle and bone?

On our first day, we will prepare our circle together and give space to where we begin the journey. We will then dance deeply through our stories about death for two days taking what we find into ritual. We will clean the relationship and begin a new chapter so that death becomes our companion and guide.

Death destroys self-importance.

Death supports us to see things in perspective.

Death can be a good friend.

When we dance deep and long all that we cling to can start to fall away. Let the spirit dance the body. Experience yourself beyond muscle and bone.



Ya'Acov is one of the Founders of Movement Medicine. He has studied with healers and shamans from the Amazon to the Arctic Circle and is the co-author of Movement Medicine - How to Dance, Awaken and Live your Dreams. He is engaged in a lifelong study and practice of shamanism as a way of life.

UCK Cultuurcampus • Burchtpoort 5 • 3452 MD • Vleuten (Leidsche Rijn / Vleuterweide)

Beyond muscle & bone: Friday November 10th: 19.30 - 22.00.

Saturday November 11th: 11.00 - 18.00 • Sunday November 12th: 10.30 - 16.30

Lunch included on Saturday and Sunday

Cost: (Fri-Sat- Sun): €210, if booked and deposit paid before September 15 th , € 185.

Booking Information: Karuna-events (Frank Beyleveld) • www.karuna-events.nl • info@karuna-events.nl

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