

A MOVEMENT MEDICINE WEEKEND CULTIVATING

# HEART IN THE CITY



DANCING AND SINGING FOR EMBODIED RESILIENCE IN CHALLENGING TIMES

WITH SUSANNAH DARLING KHAN

SHEFFIELD  
18-19 NOV 17

+MOVE!  
EVENING  
FRI 17TH

CONTACT: [KERRI@WAKING-UP.COM](mailto:kerri@waking-up.com)

SCHOOL OF MOVEMENT MEDICINE

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

EXPLORE THE MEDICINE IN WHO YOU REALLY ARE

This Movement Medicine weekend weaves together the creative power of expressive dance with the music medicine of shared song. Whether you know yourself as a singer, a dancer, or neither, you are warmly invited to come and explore beyond the “you” you already know. Beyond the comfort zone are creative possibilities and resources waiting to be explored.

Throughout the world and throughout history, song and dance have played a fundamental part in human culture. They are part of our birthright. The practice of harmony singing and improvisation simultaneously celebrates and develops our capacity for both diversity and unity, leadership and solidarity. We learn to make sound and to listen; to be distinct and part of one sound.

Your body is the instrument for your voice. When the body is dynamically free, pliant and mobile, your voice arises naturally from this inner spring of aliveness. The mutual relationship between song and dance is recognised in many indigenous cultures around the world. When we make these connections, the fertile fields of our dance, our hearts and our communities are watered with rivers of song.

In this weekend, you will explore the moving wisdom of your full-bodied dancing intelligence and invite this to nourish the capacity your heart has to sing. The harvest is the strengthening of your own individual voice, and increased capacity for resilience, co-creation and shared joy.

Movement Medicine and the medicine of music challenge the paradigm of separation and remind us of the interconnected nature of the web of life and our unique place in it.



Susannah Darling Khan is the co-founder of Movement Medicine and has been teaching conscious dance internationally since training with Gabrielle Roth in 1989. She has been offering singing as part of her work since 1993. Her background is in Anthropology and Gestalt Psychotherapy and Family Constellations. Her connection with the life affirming joy stream of the dance and song is infectious. She is a teacher in her soul, and a dancer, singer, music maker, author and medicine woman. Susannah leads with sure clarity, fierce passion and compassionate wisdom. She is currently working on her 9th album.

**Venue:** ISRAAC Somali Community Centre,  
54 Cemetery Road, S11 8FP. Sheffield.

**Dates and Times:** Sat 18th Nov: 11.00 – 18.00

Sun 19th Nov: 10.30 – 17.00

Introductory Move! evening from 19.00 – 21.30 on Fri 17th.

**Cost:** £130, or £110 if booked by 16th Oct.

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