

Investigating your relationship with Power
through Movement Medicine Shamanic Dance Practice and Enquiry

POWER STORIES

Verona (Italy)
25-26
November 2017



With
Ya'Acov
Darling Khan

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SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

MINDFULNESS IN MOTION

We talk about ourselves giving away our power, taking back power, self-empowerment, and others being over-powering, or a real powerhouse. In our lives we may feel powerful or powerless. But what do we really mean?

For each of us, our relationship to power steers the course of much of our life experiences.

During this weekend we will look the subject of power right in the eyes and take the time to see as clearly as we can what our relationship to power is.

We will investigate power through the body, heart and mind. We will seek to find where we are denying or ignoring our power and sending it into the shadows. And we will take the time to release a few old stories that might be in the way of understanding the true nature of our own power.

Through movement, meditation and shamanic dance, we will re-design our connection to power so that it serves us to live more deeply, mindfully, and creatively, bringing balance to our lives.

Being powerful is not only a state of mind. It's a state of embodied, heartfelt, conscious presence. This weekend workshop will support you to find a healthy, up to date and intentional relationship to the power you have access to, through which you can make a positive difference in the world.



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.

Dates: 25 and 26 November, 2017

Times: Saturday 25 Nov. (11.00 - 19.00) Sunday 26 Nov. (9.30 - 17.30)

Prices: (+ membership fee €10)

€185 / EBD €160 with €50 deposit by 21.10.17

Discounts for dancers from Eastern Europe (€140 / EBD €120)

Venue: Centro Polifunzionale Don Calabria,
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