

The Wisdom of Conflict

a Movement Medicine workshop with Ben Yeger

Athens
19 - 21
January
2018

an invitation
to explore the
multi-dimensional
relationship
between inner
and outer conflict

Contact Maria: +30 6973 677755 | movement.medicine.greece@gmail.com
FB: Movement Medicine Greece

The Wisdom of Conflict

a weekend of movement medicine with Ben Yeger

How does what we do with conflict create barriers to productive relationships?

How do we react when we meet conflict?

How is it that conflict is always 'someone else's fault'?

How can we recognise conflict in ourselves and with others as an opportunity for change?

It seems it is human nature to repeat patterns of behavior around conflict, to tell repeated stories of immovable responses to it as if these stories were absolutely true. This workshop invites you to explore the dynamic interaction between your inner conflicts and the ones that manifest in the mirrors you meet.

Through movement you will be invited to bring awareness to your own inner conflicts, to become receptive to the wisdom of the conflicts in your close relationships and then start to tell different stories about conflict in the wider contexts of your life.

In this weekend we will draw on **Movement Medicine**, **Joanna Macy's Work that Reconnects** and other creative embodied practices to explore the complex relationship we all have with conflict. Inner and outer, big and small, personal and collective.

No prior dance or movement experience is required - simply your attention and willingness to turn up and be present in the moment.



Ben Yeger is a Drama Therapist and highly experienced group facilitator. He is a Qualified Movement Medicine Facilitator and Teacher, and has been studying with Ya'Acov and Susannah Darling Khan since 2000 and is a faculty member for the **School of Movement Medicine**. Ben is the Director of **Moving Conflicts**, movingconflicts.org and the UK representative of

Combatants for Peace, cfpeace.com. **Ben** has been engaged in a deep enquiry into the myriad shapes and colours of conflict for over 25 years. This journey includes serving in the Israeli Army (1983-86). See his TEDx talk - *Humanising the Enemy* tedxwarwick.com/talks (2013).

"With you leading me I felt at home, free and safe." Milli, Italy

"Ben has a courageous commitment to inner and outer change and healing. We are delighted to welcome him as a faculty member." Ya'Acov & Susannah



Movement Medicine weaves together the exhilaration of free dance with the depth of movement meditation and the spirit of shamanic practice. Participation in this workshop counts as faculty hours towards School of Movement Medicine intensives and apprenticeship. See schoolofmovementmedicine.com

Dates: Friday 19 January 2018 7.30pm – 10pm | Saturday 20 January 10am – 5pm | Sunday 21 January 10am – 5pm

Athens: Venue to be announced closer to workshop date

Cost: €130 | Early bird with (non-refundable) deposit payment until 19 December 2017: €110 | Friday only: €20

Bring a friend new to Movement Medicine and pay €100 each

Contact Maria: movement.medicine.greece@gmail.com | +30 6973 677755