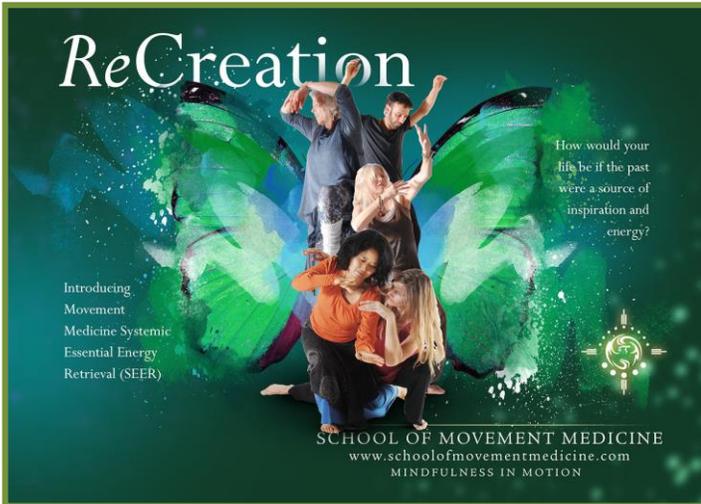


Esalen®



Every one of us is capable of the extraordinary.

Esalen is a leading center for exploring and realizing human potential through experience, education, and research. We work towards the realization of a more humane and all-embracing world.

Join Ya'Acov Darling Khan and an intimate gathering of other course participants for a powerful five-day workshop on Esalen's majestic Big Sur coastline.

For additional information, please call 888.837.2536 or email info@esalen.org



Re-Creation: An intensive Movement Medicine journey

6-11 March 2016
with Ya'Acov Darling Khan

How would your life be if the past were a source of inspiration and energy?

During this early spring workshop, the focus of our work will be Re-Creation. Re-Creation is the capacity to take the circumstances of our lives and transform our relationship to them. From being the victim of life's events, we can choose to utilize our experiences in a positive way.

In shamanic practice, the past is a storehouse of potential energy that we can unlock to support us in being fully here in the present and engage in the creative project of bringing our dreams to earth. The SEER Process (Systemic Essential Energy Retrieval), developed by Ya'Acov, is a powerful tool for doing just that. We will work with the Dancing Warrior, the Wise Elder, and the Fool – the three core archetypal energies for learning to 'dance at the center of your own circle.'

The workshop will include:

- a deepening of your relationship with the creative power of the dancer inside you
- an introduction to the Movement Medicine SEER Process
- a ten-hour Long Dance ritual designed to re-dedicate your life to what truly matters to you
- plentiful time to integrate this experiential journey.

Online at: www.esalen.org/workshop/week-march-6-11/re-creation-intensive-movement-medicine-journey