

MOVEMENT MEDICINE FOR BODY, HEART AND MIND
THE WAY OF THE DANCING WARRIOR
with Ya'Acov Darling Khan



13 - 15 May 2011 · Brighton

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SCHOOL OF MOVEMENT MEDICINE
www.schoolofmovementmedicine.com
DARE TO DANCE · DARE TO DREAM



The **Dancing Warrior** embodies a powerful and creative force that resides within us all. It is an archetypal energy you can gain access to by surrendering to the force of the dance. The Dancing Warrior knows the potency of combining the powers of acceptance and intention and is aware of what is going on around them, knows how to listen to the wisdom within, and possesses the driving force and the peace to dance with whatever life brings.

We are all made from the elements. Bringing movement, awareness and equilibrium to the elements within us helps us to find balance and harmony with the elemental world to which we belong. We are interconnected beings. Forgetting this is a primary cause of many of our day-to-day problems. The Way of the Dancing Warrior is an opportunity to remember through direct experience that each one of us is a unique manifestation in the dance of life.

In this workshop, you will:

- Learn to embody the four elements in your dance
- Create your own elemental dancing medicine wheel and through this, learn to nourish, strengthen, and cleanse your own energy system
- Learn to extend the freedom of the Dancing Warrior toward others, and the whole community of life on earth through simple dancing ritual

At the end of the workshop, you will be able to take home a powerful toolkit for personal practice that will support you to bring all that you have learned into your day-to-day life.

The workshop is open to anyone with or without previous experience.



Movement Medicine is the synthesis of Susannah and Ya'Acov Darling Khan's work over the last 25 years. 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 catalytic, transformative, uplifting and inspiring.

The Manor Gym, Brighton, East Sussex

Friday 7 - 9.30pm • Saturday 10.30am - 5.30pm • Sunday 11am - 5pm

Cost: £110 if booked by 1st April £125 thereafter

Deposit £50, send to Alchemy In Movement, 6 Carden Avenue, Brighton, BN1 8NA
or by bank transfer, see: alchemyinmovement.com/theatre.html

For more information: info@carolinecarey.com • +44 (0)770 251 3679

It is advisable to book accommodation early, as this event is the same weekend as the Brighton festival. If you can offer accommodation to a fellow dancer please let us know.