

# L I F E L A B

RE-SOURCE YOUR LIFE WITH SUSANNAH DARLING KHAN



CONTACT MONIKA:  
WWW.KF-EVENTS.CH  
MODI@GMX.CH

AARAU, SWITZERLAND  
MARCH 23.-25  
2018

SCHOOL OF MOVEMENT MEDICINE  
[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)  
MINDFULNESS IN MOTION

# LifeLab | RE-SOURCE YOUR LIFE

Life Lab is dedicated to showing you how to bring more presence, potency, perspective, communication skills and meaning to your life.

We have witnessed the positive impact of long-term Movement Medicine practice on our apprentices. Through Life Lab, we are now making some of these practices available in a simple and accessible form.

The focus will be on embodied learning, working with the whole of your body-heart-mind intelligence. Life Lab is a safe and exciting space to explore new possibilities supported by the 'joy stream' of free movement. You will take home a package of tools and mini-practices, which, with practice, can make a real difference in your life. You will learn ways to develop:

- Your presence
- Your life energy and potency
- The life changing perspectives of gratitude, appreciation and generosity
- Your sense of purpose and meaning
- Your ability to change your state when you are caught in a negative spiral

We will learn, practice and reflect on our new skills together. You will take home a personal 5-Point practical tool kit with which to continue with and consolidate what you have learnt as part of your day to day life.

Movement Medicine is the result of Susannah and Ya'Acov Darling Khan's 30+ years of study and practice. It is a contemporary integration of ancient and modern wisdom. It integrates: shamanic, psychotherapeutic, neuro-scientific and conscious dance knowledge into a practical methodology to support who we can become as empowered, creative and effective human beings in the 21st Century.

This Life Lab is open to everyone, regardless of previous experience. Come and find out more about who you are and what you are capable of. Take your place in this empowering learning community and experience the direct positive effects Movement Medicine in your day-to-day life. You are welcome!



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 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.

Teaching language: English with German translation

Auenhalle, 5032 Aarau-Rohr, Switzerland

Friday March 23rd, 7 - 10pm • Saturday March 24th, 11am – 6pm • Sunday March 25th 10am – 4.30pm

CHF 385.- Early booking price CHF 335.- with payment of deposit CHF 150.- by February 23rd. Euro-Zone prices on request.

The Friday evening is included in the weekend, and can be booked separately as a Move evening, cost CHF 50.-

Information and booking: Monika Dittli: [www.kf-events.ch](http://www.kf-events.ch) • [modi@gmx.ch](mailto:modi@gmx.ch) • +41 078 738 84 70