

3-4 FEB 2018 • LAUSANNE

A MOVEMENT MEDICINE WORKSHOP



RETURN OF THE LIGHT

WITH SUSANNAH
DARLING KHAN

SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

Mindfulness In Motion

RETURN OF THE LIGHT

BRING THE LIFE OF THE DANCE
INTO THE DANCE OF YOUR LIFE

In this workshop, you will:

- Learn to trust and follow the inspiration of the dancer within
- Give the body, heart and mind a 'spring clean' releasing what no longer serves you to welcome the return of the spring and the light into your dance
- Refresh and sharpen your sense of direction and your commitment to being who you are and giving all you've got
- Embody and dance your prayers for yourself, others and the world

This workshop is open to beginners and to experienced practitioners of all ages and abilities. The only prerequisite you need is the willingness to move and the courage to dare to dream.

This course enabled me to feel alive and connected in a way no other course has done before.

Robin Erwin - Commercial Manager

Susannah's background is in Anthropology and Gestalt Psychotherapy. Her teaching is full with energy, clarity, sensitivity and her infectious love of the dance itself. "Susannah is a master choreographer of energy and a specialist in heart art." David Rose, director of Soul Wave



Costs: CHF 335.- Early booking price with payment of deposit CHF 150.- (non-refundable) by January 10th 2018: CHF 285.- Euro-Zone prices on request

Timetable : Saturday 3rd Feb. 11am-6pm - Sunday 4th Feb. 10am-5pm

Venue: Centre Paroissial Saint Jacques, Av. du Léman 26, 1005 Lausanne, Switzerland

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