

A MOVEMENT MEDICINE DANCE WORKSHOP

# SOURCE



with  
Susannah  
Darling  
Khan

Basel  
25. – 26.  
Nov  
2017

Contact Kristin: [www.kf-events.ch](http://www.kf-events.ch)

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

Our sexual energy is deeply connected to both our creativity and our potency. We call this energy 'Source.' It is a powerful and healthy resource for inspired living that is open to all; it does not depend on having sex. Yet, in our modern culture it is rare to be encouraged in the development, understanding and honoring of our sexual energy. Indeed many of us struggle, hampered by confusion, fear and shame. Sexuality is used to sell almost everything and yet most of us do not know how to experience its flow or to respect its energy – either in ourselves or in others. Movement Medicine offers one route towards healing our relationship to Source, supporting us to awaken to a sexuality that is both vibrant and sacred. During this workshop you will have the opportunity to move and connect with your sexual energy in a way that is deeply respectful of boundaries – both your own and those of others. Nakedness or intimacy with others is not required; integrity, however, is.

In this workshop you will:

- Learn to embody the natural movement of your sexual/creative energy
- Work with the polarity between your inner masculine and inner feminine
- Become aware of and release some of the shadows around your sexuality
- Recover your innocence and power as a sexual, creative being through intentional, conscious dance practice.



Susannah's background is in Anthropology (1st class honours uCL 1986) and Gestalt Psychotherapy (graduate of the Gestalt Centre London 1988). 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*

Basel

Saturday 25. Nov. 11.00 – 18.00 / Sunday 26. Nov. 10.00 – 16.30

Costs: CHF 335.- Early booking price with payment of deposit  
CHF 150.- by October 25th 2017: CHF 285.-

Euro-Zone prices on request

Info and online booking: [www.kf-events.ch](http://www.kf-events.ch) and Kristin Glenewinkel  
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Friday evening Nov. 24th.: Journey to the Amazon – Fundraiser event with Susannah Darling Khan. For more Info contact Kristin.