

A MOVEMENT MEDICINE INTENSIVE

KIENTALERHOF, SWITZERLAND



S P I R I T B O D Y

DANCING IN THE MOUNTAINS

10.07.19 - 14.07.19

WITH CHRISTIAN DE SOUSA

SPIRIT BODY

DANCING IN THE MOUNTAINS

What is 'Spirit'?

What is 'Body'?

Breathe for a moment.

What is moving,
and what is still?

How does it feel to be alive?

A mountain is a bridge between the earth and the sky; similarly, dancing is a bridge between the body and the spirit. Dancing, we reconnect the wisdom of our bones, muscles and cells with the experience of the 'invisible light' that lives within and all around us. Dancing, we remember who we are and how we are connected to the sacred, luminous web of all being.

This retreat is an invitation to come and dance in the mountains, and to learn how the practices of Movement Medicine can support us to live embodied and spiritually-awakened lives. We will have extended time on the dancefloor and we will spend time working outdoors in Alpine nature, moving with the mountains, the earth and sky, the sun, water, rocks, plants and animals.

All welcome. Some prior experience of Movement Medicine or other embodied practice will be helpful.



Christian de Sousa has worked closely with Ya'Acov & Susannah Darling Khan for 20 years and became one of the first 'Pathfinder' teachers of Movement Medicine in 2011. He is Swiss, born near Lac Lemán, and has a strong love for the mountains, the dance and the sacredness of all life. He uses deep enquiry, good music and a dose of humour to hold movement spaces for personal growth and collective evolution. He lives in England, serving a large dance community in London and teaching around Europe.

Movement Medicine is a subtle, powerful body of work created by Ya'Acov and Susannah Darling Khan, combining dance and movement meditation with shamanic, therapeutic and creative practice.

Times: We start on Wednesday 10th July at 5 pm and end on Sunday 14th July at 1 pm

Teaching language: English with German translation

Course Fee: CHF 695. Early booking price with payment of deposit CHF 150 by 10 of May: CHF 595

Eurozone / UK prices by application

Some bursaries available for those with limited financial resource.

Cost for food and lodging: Varies between CHF 360 to CHF 640

Bookings at Kientalerhof: www.kientalerhof.ch

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