

MODULE

1

ONE

Roots: Fundamentals of Movement Medicine
April 24th-26th - Zurich
 (non-residential)
 Friday 17:00 until
 Sunday 17:00



MODULE

3

THREE

Branches: Dreaming & Creating
November 25th-29th - Basel
 (non-residential)
 Wednesday 17:00 until
 Sunday 17:00

MODULE

2

TWO

Trunk: the Heart of the Dance
July 27th-August 1st - Kiental
 (residential)
 Monday 17:00 until
 Saturday 13:00



COST: CHF 1850 + food & accommodation
 Early booking price: CHF 1595 with payment of deposit CHF 300 by January 24th.

Reductions for Eurozone/UK residents.
 Some bursaries available for those with less financial resource - please enquire.
 Cost for food and accommodation for module 2 varies between CHF 490 - 690
 More info at www.kientalerhof.ch

TEACHING LANGUAGE: English.
 (Kristin also speaks German and Christian also speaks French).

Please let us know if language would be an obstacle to your participation.

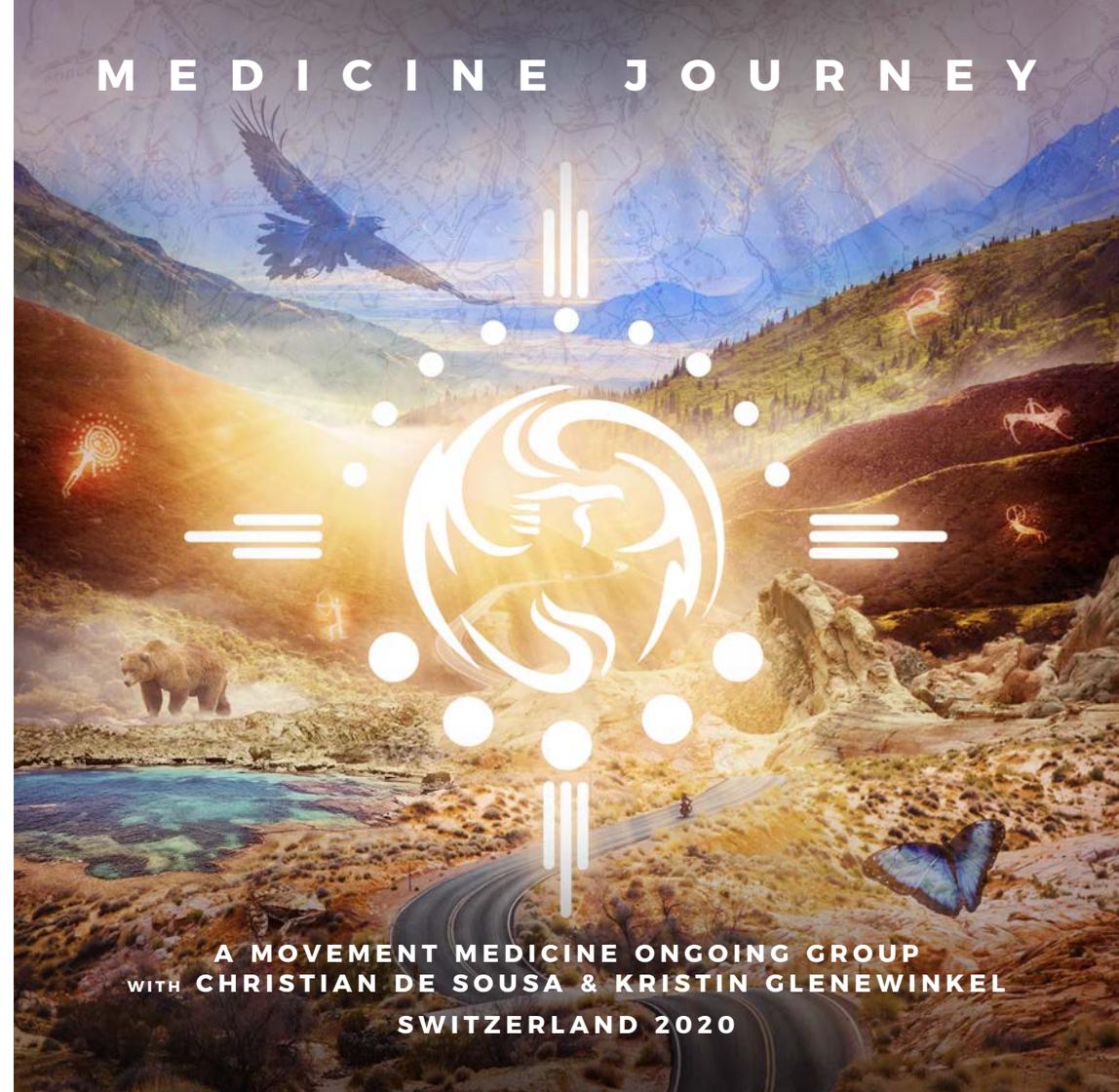
PRE-REQUISITES: 25 hours taught practice of MM or similar modalities, with certified teachers.

Participation is by application.
 Please contact Kristin for an application form or if you have any questions.

CONTACT: Kristin Glenewinkel
kristin.glenewinkel@gmx.ch
 +41 78 801 32 10

MORE INFO:
www.schoolofmovementmedicine.com
www.dancingTao.net
www.kristin-glenewinkel.ch
www.kf-events.ch (MM in Switzerland)

M E D I C I N E J O U R N E Y



A MOVEMENT MEDICINE ONGOING GROUP
WITH CHRISTIAN DE SOUSA & KRISTIN GLENEWINKEL
SWITZERLAND 2020

M E D I C I N E J O U R N E Y

THE INVITATION

Dancing, we use our bodies, breath and the rhythm to gather medicine for our souls. Dancing awakens our creative energy. Dancing is a way to do the healing work needed for us to be the best of ourselves. Dancing helps us remember our unbroken true nature as parts of this living, flowering planet.

This Medicine Journey is an invitation to join a circle of committed dancers for a deep exploration of Movement Medicine practice. We'll work with the MM mandala as our map, rooting our practice in the best of ancient ways and 21st-century consciousness. We'll move, work, play, laugh, cry, eat, rest and be together through the cycle of the turning seasons in 2020. We will dance, nurture what's emerging in us and seek to weave the medicine into the lives, communities and lands we inhabit.

MOVEMENT MEDICINE

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

THE JOURNEY

We begin in the spring in **Zurich**, near the Zürisee, with a weekend of grounding in the fundamentals of Movement Medicine. Our focus in this first module will be movement practice: studying the maps and cultivating embodied presence. These are the roots that support and nourish all the work we do together.

In the summer we meet in the beautiful mountains of **Kiental** for the opportunity to go deeper and investigate the core of Movement Medicine as healing work. We will dance through the landscapes of the heart and we will use the SEER Process, a shamanic dance-based technique which brings healing to our personal and collective histories, helping us to reclaim our essential energy. This the trunk of the tree.

Then as the autumn branches offer their leaves back to the earth, we gather in **Basel** near the Rhine to harvest the fruits of the journey. We'll use Movement Medicine to explore and develop our creative offerings. We will dance in an extended ceremony to dream, pray and offer our medicine back into the web of life.

In-between modules there will be invitations to support your integration of the work, to develop your practice in day-to-day life, and to connect with the group if you wish to.

FEELING THE CALL?

Is the Medicine Journey for you? This will be a deep journey. We intend that it will be creative, transformational and fun. We expect at times it may be challenging. All are welcome, provided the necessary resources are in place.

You need:

- 1) prior experience of studying Movement Medicine (or other conscious movement practices) with trained teachers; minimum 25 hours.)
- 2) a good support system in your life, or the willingness to put one in place.
- 3) to be able to attend all three modules and participate in all sessions.
- 4) a desire to dance and grow!

JOIN THE CIRCLE

Joining is via a simple application process.

Please contact Kristin to ask for a form if you would like to join the journey.

If you have questions, feel called but are tentative, or unsure if you fulfil the pre-requisites, please feel free to get in touch and we can talk it through with you.

This ongoing group is a pathway towards MM apprenticeship and training if desired.



Christian became one of the first 'Pathfinder' teachers of Movement Medicine in 2011 and has worked closely with Ya'Acov & Susannah Darling Khan for 21 years. He is also a student of Gabrielle Roth, Malidoma Somé, Arnold Mindell and Taoism. He loves the dance and working with the sacred. He uses deep enquiry, good music and a dose of humour to hold movement spaces for personal growth and collective evolution. He is Swiss (born near Lac Lemman) and lives in England.



Kristin has been dancing with Ya'Acov & Susannah Darling Khan since 2001 and has trained with them since 2010. She is graduated as a fully qualified Movement Medicine teacher in 2016. In addition Kristin is a physiotherapist, mother and yoga teacher. Her understanding of the body supports her work and guidance in the dance. Her long training of the mind and heart in buddhist meditation practice deepens her ability to hold space with compassion and love. She is german and lives in Switzerland.