

A MOVEMENT MEDICINE DANCE WORKSHOP

The Alchemy Of Healing



SWITZERLAND, 26 TH - 28 TH MARCH 2021

+MOVE! OPEN EVENING, 26 TH MARCH 2021

CONTACT: MONIKA DITTLI - MODI@GMX.CH

SCHOOL OF MOVEMENT MEDICINE

www.schoolofmovementmedicine.com

EXPLORE THE MEDICINE IN WHO YOU REALLY ARE

Susannah creates a safe, strong vibrational field in which dancers can access their own inherent power for self-healing. This power can come into play when we feel simultaneously safe and supported and free to risk, explore and enter the unknown. In this safe and powerful container, we can allow our defences to soften and then can engage in the deep work of metamorphosis: transforming the lead of our habitual selves into the gold of presence and choice.

The Alchemy of Healing empowers each of us to remember the power of our own welcoming hearts together with our own curious, explorative, wild, free and tender natures. It is the nature of all that lives to grow with the seasons, to learn, to heal and to support and be supported. And this nature is yours too, once you have the “energetic nutrients” available to be in your nature.



Susannah Darling Khan “The Movement Medicine Woman” has been teaching intentional movement for 30 years, including an 18-year apprenticeship with 5 Rhythms Founder Gabrielle Roth. Her background is in Anthropology (University College London) Gestalt Psychotherapy and Family Constellations. Her current learning edge is about how our nervous systems work, both through study and through her relationships with her 4 wild born Exmoor ponies. Her teaching marries ancient wisdom with neuro-science and intellect to profound effect. Susannah is the co-director of the School of Movement Medicine and co-author of the book: “Movement Medicine” published by Hay House.

In the energetic clarity of the space which Susannah holds and with the alchemical processes of Movement Medicine, much that may have seemed out of reach, becomes possible.

The workshop will be accessible, inspiring and useful. All are welcome.

Movement Medicine is a methodology for developing embodied consciousness through dance. It supports our physical and emotional freedom and helps us access our creativity, power, awareness and zest for life. It helps us to renew and strengthen our connection with our own original essence or soul, our deep purpose and our appreciation for ourselves, others and for life itself.

Teaching language: English with German translation

Auenhalle, Stäpflistrasse, 5032 Aarau-Rohr, Switzerland

Times: Friday, 26th March Move! 7 PM – 9:30 PM &
Saturday, 27th March 11 AM – 6 PM &
Sunday, 28th March 10:30 AM – 5 PM

Costs: Alchemy of Healing & Move!: CHF 385.-
Early booking price: CHF 335.- paid by February 27th 2021
Costs: Move!: CHF 50.- • Euro-Zone prices on request.
Move! open evening: Friday 26th March 7 PM – 9:30 PM

Information & booking:

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