

A SCHOOL OF MOVEMENT MEDICINE JOURNEY OF VIBRANCY AND COURAGE THROUGH THE HEART

with Rosie Perks and Ben Yeger

SPiRiT of the dancing HEART

5 DAY INTENSIVE:
DARTINGTON, DEVON
19 - 23 SEPTEMBER 2018



schoolofmovementmedicine.com

Contact Clare:
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“Oh my goodness, by far the best therapeutic dancing experience I have ever had. You both held the space with extraordinary grace, perception and humour.”

Jo, Psychotherapist, Spirit of the Dancing Heart January 2018

How can we welcome, with curiosity, the full spectrum of our hearts?

How do we move with what is true in our hearts and still keep on going?

How can we deepen our understanding of the medicine of fear, conflict and grief so that we can authentically surrender, welcome our joy and gratitude and live life with grace and compassion?

Big questions call for deep and careful work. We will draw upon the map of the Movement Medicine Chambers of the Heart to navigate this rich and sometimes rocky terrain. We will give particular attention to working with grief and conflict as gateways to more understanding of our humanity, harnessing their vital life energy so they become our trusted allies.

On this 5 day journey there will be ample time to explore the intersection and deep connection between grief and conflict, to reflect, digest, integrate and build a community of enquiry. A community in which we can support each other to find the wholeness that lives in the relationship between these often neglected landscapes. Inviting the Wise Elder, the Dancing Warrior and the Fool to support us to accept our condition as it is, have a cheeky chuckle as we do, relax into what our next steps may be and take them with courage and authenticity.

Self reflection, community support, inclusivity and of course the magic of the dance will be our companions on this journey.

Movement Medicine weaves together the exhilaration of free dance with the depth of movement meditation and the spirit of shamanic practice. No prior movement experience is required for this workshop, simply your attention and curiosity.

Ben and Rosie and part of the faculty team at the School of Movement Medicine and members of the movementmedicineassociation.org.



Ben is a Drama Therapist and highly experienced group facilitator. He has studied with Ya'Acov & Susannah Darling Khan since 2000 and integrates the work of Joanna Macy into his facilitation. Ben is the Director of Moving Conflicts an organisation that works creatively to transform conflict. See his TEDx talk 'Humanising the Enemy' tedxwarwick.com/talks and movingconflicts.org



Rosie is an experienced and skilled teacher. She first danced with Susannah & Ya'Acov in 1990 and her teaching is informed by this long and rich relationship to movement and her understanding of our shared humanity; alongside a recent facilitation training in Processwork. Her heart medicine has grown from her years of living with and learning from grief. See dance-scapes.com

3PM WEDNESDAY 19TH SEPTEMBER - 4PM SUNDAY 23RD SEPTEMBER 2018

19th September 3 - 9pm (with supper break), all other days we will generally work from 10am - 6pm with a break for lunch, we will finish at 4pm on Sunday 23rd.

There may be one or two evenings we meet either to eat together somewhere or have a more discussion or light movement based session.

A vegetarian meal each day is included in the workshop price, supper on the first day and a lunch all other days. Vegan and gluten free options available.

ONSITE ACCOMMODATION OPTIONS:

Camping: from £12/night individual, £19.50/night 2 people/one pitch, for information and booking visit dartington.org/visit/camp

Simple ex-student single room with bed and breakfast: £35/night, for information and booking contact Christina.Barnaby@dartingtonhall.com

More expensive boutique hotel style rooms at the hall, for information and booking visit dartington.org/visit/stay

OFFSITE there are plenty of AirB&B places in and around Dartington and Totnes.

Studio 32, Dartington Hall, Totnes, Devon, TQ9 6EF | 19 - 23 September 2018

£360 if booked with £120 deposit (non-returnable) by 1st August 2018, £410 thereafter, includes a meal each day.

For information and to book contact Clare: clarephil@live.co.uk | 07593 452882

Places are limited on this workshop, early booking is recommended. This work counts as prerequisites for further study with the School of Movement Medicine.