

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

with Rosie Perks and Ben Yeger

SPIRIT of the dancing HEART



DARTINGTON, DEVON
12 - 14 JANUARY 2018

schoolofmovementmedicine.com

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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. Giving particular attention to grief and conflict as gateways to more understanding of our humanity, harnessing their vital life energy so they become our trusted allies. We will invite 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 our next steps and take them with courage and authenticity.

This workshop, a complete journey in itself, is an introduction to the 5 day intensive in which we will deepen our understanding of conflict and grief as a resource for life.

Movement Medicine weaves together the exhilaration of free dance with the depth of movement meditation and the spirit of shamanic practice.

Ben and Rosie are 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 working creatively to transform conflict. See his TEDx talk 'Humanising the Enemy' tedxwarwick.com/talks and movingconflicts.org



Rosie is an experienced and skilled teacher. Her heart medicine has grown from her years of living with and learning from grief. She first danced with Susannah & Ya'Acov in 1990 and her teaching is informed by this long and rich relationship to movement, her understanding of our shared humanity, and a fierce love of the earth and all its inhabitants. See dance-scapes.com

Studio 30, Dartington Hall, Totnes, Devon, TQ9 6EF | Friday 12th January 1 - 7pm, Saturday 13th 10am - 6pm, Sunday 14th 10am - 4.30pm

£130 if booked with £60 deposit (non-returnable) by 12.12.17, £160 thereafter | Discount available if booked with Kay Chambers' New Year Dance Ritual

For information and to book contact Emily: beyournotenow@gmail.com | 07876 494070 | dance-scapes.com

No prior movement experience is required, simply your attention and curiosity. This work counts as prerequisites for further study with the School of Movement Medicine.