

# Soul Motion: Begin Again with Michael Skelton

13 – 15 March 2020



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# Soul Motion: Begin Again

**start close in, don't take the second step or the third, start with the first thing, close in, the step you don't want to take.**

consider this: there is within each moment the opportunity for you and i to make a choice, which alters the landscape that frames our lives. this moment, the crossroads of our past and our possibilities, is ripe with the potent promise of change and the invitation to risk. are you willing? in this workshop of the soul in motion we will practice living the dance that begins right now, with this first breath, with this first step. and as we lose our ground due to various distractions and attractions the continuing invitation will simply be to begin again. let's you and i allow this first step to take us more fully into our lives.

## Michael Molin-Skelton

holds a few things sacred: „The love of my life Anneli, the miracle we named Jaylan, friends that cherish and challenge me, dancing alone, dancing with you, love.“

Michael is a senior faculty member of the Soul Motion school. He has been teaching conscious movement for 25 years world wide and he resides in USA. "Dance is not something I do, it is simply who I am".



**Date** 13–15 March 2020

**Time** Friday 19 – 22 Uhr

Saturday 10 – 17 Uhr

Sunday 10 – 16.30 Uhr

(Please arrive 20 minutes in advance, we start on time)

**Place** Bruchturnhalle, Zähringerstrasse 16, 6003 Luzern  
(see google maps)

**Price** CHF 300.00, CHF 270.00 for members of Dynamo-Club  
No cash payment on the day of the event!

**Food** Bring some light food for the break on Saturday/Sunday

**Tip** Slippers in the house are comfortable

**Bank details (see website):** Verein DYNAMO, Raiffeisenbank Kriens, 6011 Kriens, Attention new account number! IBAN CH33 8080 8006 2135 1473 6. Payment slip only on request. For payments via Post the processing fee has to be paid by the sender!

**Liability:** Each participant has full responsibility for himself / herself and his / her actions. The association DYNAMO rejects any liability.

**Registration:** Via our homepage [www.vereindynamo.ch](http://www.vereindynamo.ch). Or mail registration to Marco Unternährer, Oberhusrain 48, 6010 Kriens or per Phone 041 228 90 10.

Within a few days you will receive a confirmation by e-mail or post. The deposit must be made no later than one week before the start of the workshop.