

# WHO ARE YOU NOW?

A MOVEMENT  
MEDICINE  
SHAMANIC  
JOURNEY  
THROUGH THE 9  
CYCLES OF LIFE  
A WEEKEND  
WORKSHOP LED  
BY YA'ACOV  
DARLING KHAN



WITH LIVE  
MUSIC BY  
**VOLKER  
KACZINSKI  
STEF VINK  
ELIZA KENYON**

**LUZERN, SWITZERLAND**

**MAY 29TH - 31ST 2020**

INFORMATION: [VEREIN.DYNAMO.CH](http://VEREIN.DYNAMO.CH)

INFORMATION, BOOKING & PAYMENT: [KF-EVENTS.CH](http://KF-EVENTS.CH)

**SCHOOL OF MOVEMENT MEDICINE**

[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)

EXPLORE THE MEDICINE IN WHO YOU REALLY ARE

Our sense of self is a blend of unique essence with biographical, cultural and transgenerational history. On our journey towards integrating the dance into our day-to-day life, we must continually update the inner picture of who we are now. If we do not, we will continue to enrol each other into the undigested and unconscious stories of the past in a vain attempt to complete those unfinished gestalts. This causes all of us, and the life that we share this planet with, untold suffering.

We have reached a tipping point in our human evolution in which we must either wake up to the effect this unconscious acting out is having or face the dire consequences of our lack of care.

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Who Are You Now? is an embodied Shamanic journey through the 9 Cycles of Life:

<b>INCARNATION</b>	<b>BIRTH</b>	<b>CHILDHOOD</b>
<b>PUBERTY</b>	<b>ADOLESCENCE</b>	<b>ADULTHOOD</b>
<b>MATURITY</b>	<b>OLD AGE</b>	<b>DEATH</b>

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The intention of Who Are You Now is an audacious one:

To update your sense of self and bring a more empowered and dignified understanding to your journey through life so far

To take the next step in transforming the past into medicine

To dream your future and meet death as a teacher

To invoke an alchemical cocktail of loving self-acceptance and fierce self-inspection to embody and be who you are now, and give everything you've got before you die

In ritual, we will dedicate the harvest of our work in service of life and open the doors to a deeper relationship with the Great Mystery in its myriad forms.

I warmly invite you to discover Who Are You Now.



Ya'Acov has been studying and practicing shamanism all his life. When he was 21, he was hit by lightning and through this, began a three-decade-long journey of initiation. He has been recognised as a practicing shaman by Elder Shamans from the Sami (European tradition), and Achuar and Sápara peoples of the Amazon. Together with his wife Susannah, he is the Co-Creator of Movement Medicine, a contemporary and dynamic shamanic practice designed to support people from all walks of life to be who they are and give what they've got. Ya'Acov's work comes straight from the heart. He inspires people, often with great humour, to remember who they are.

He is the best-selling author of Jaguar in the Body, Butterfly in the Heart (Hay House 2017), the creator of Shaman's Song - Shamanic Journeys to Empower, Inspire and Re-Connect (Hay House 2018), and the Co-Author of Movement Medicine - How to Dance, Awaken and Live your Dreams, (Hay House 2009). His new book, Shaman - Opening the Door Between the Worlds will be published by Hay House in Spring 2020.

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**Teaching language: English with German translation**

**Bruch Turnhalle, Zähringerstrasse 16, 6003 Luzern**

**Fri. May 29th: 7-10pm; Sat. May 30th: 10-8pm; Sun. May 31st: 9-5pm.**  
**Saturday evening 18.00 - 20.00 will be Questions & Answers with Ya'Acov.**

**Cost:** CHF 395.- Early booking price with payment of deposit CHF 150.- by April 30th: CHF 345.-

Early booking price for members of Verein Dynamo Luzern: CHF 320.-

Euro-Zone prices on request.

The Friday evening is included in the weekend workshop; it can also be booked separately if there is space and costs CHF 60.-

**Information, booking and payment:** Katriona Forrester  
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