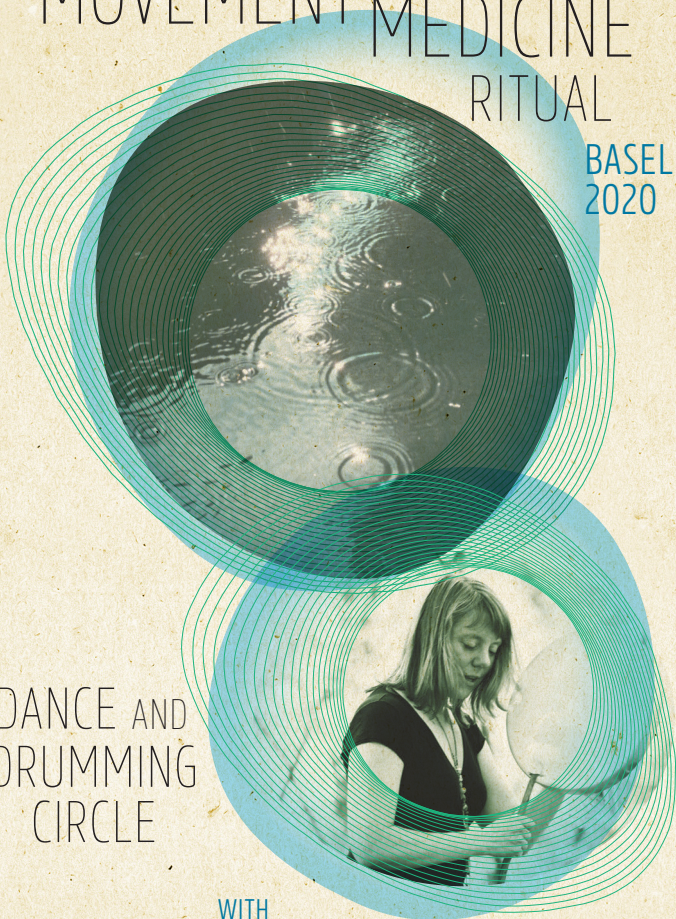


# MOVEMENT MEDICINE RITUAL

BASEL  
2020

DANCE AND  
DRUMMING  
CIRCLE

WITH  
Kristin Glenewinkel



# MOVEMENT MEDICINE RITUAL

- 11. JANUARY New Year Full Moon
- 1. FEBRUARY Return of the Light
- 21. MARCH Spring Equinox
- 6. JUNE Full Strawberry Moon
- 18. JULY Midsummer Night
- 26. SEPTEMBER Autum Equinox
- 7. NOVEMBER Behind the Veil
- 26. DECEMBER Christmas Party

BASEL  
2020



SATURDAY 7 – 9.30 PM

DROP IN CLASS CHF 30

TEACHING IN GERMAN AND ENGLISH

MORE INFO

[WWW.KRISTIN-GLENEWINKEL.CH](http://WWW.KRISTIN-GLENEWINKEL.CH)

Kristin's call is to overcome the divide between body and mind and to establish dance as spiritual practice fully embodying the living heart. Kristin works with movement, breath, voice and sound and offers her drumming to invite imagination into the dance space.

Movement Medicine is a body-based movement meditation practice that will reconnect you to the wisdom of living from the heart, the joy of knowing who you are and the satisfaction of making your unique contribution to life. Dance connects us with our bodies, hearts and minds and with each other.

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