

# **Movement Medicine Winter Solstice with David Mooney**

**20. / 21. December 2025**

**Lucerne, Switzerland**



**vereindynamo.ch**

# Movement Medicine Winter Solstice with David Mooney



**This is an opportunity to connect with the rich depth and magic of this time of year. Uniting ancient wisdom and the contemporary maps of Movement Medicine for a beautiful Winter Solstice Dance Ceremony.**

Movement Medicine is a dance practice that will reconnect you to the wisdom of living from your heart, will deepen your connection to true self, your creativity and your integrity as well as enliven your relationship with life on all levels.

It has roots in indigenous shamanic wisdom as well as the latest neuroscience and therapeutic perspectives. Now is a time to be together and remember the artistry of the dancing soul.

Movement Medicine Ceremony is a blend of ancient wisdom and contemporary somatic practices to connect with the sacredness and magic of life through the gateway of dance, imagination and the beautiful practices of Movement Medicine. Dance, sing and pray in ceremony together for your own dreams, for loved ones, for communities and for all our relations past present and future.

**[www.embodiment.ie](http://www.embodiment.ie)**

**20./21. December 2025**

**Saturday 18.00 – 21.00**

**Sunday 09.30 – 16.30**

Bruchturnhalle, Zähringerstrasse 16  
6003 Lucerne

Please arrive at least 20 minutes in advance, we start on time!

Take something light with you for the break on Sunday. Blanket/layered look: it can be cool in the hall. Slippers in the house are comfortable. We ask you not to use (strong) perfumes please.

**Registration on [www.vereindynamo.ch](http://www.vereindynamo.ch)**

You will receive an automatic confirmation.

**CHF 160.–** passive club member contribution of CHF 20.00 included

**CHF 130.–** for active Dynamo members, who have paid the annual fee of CHF 50.00

**CHF 60.–** costs for Saturday evening only

**Payment must be made to the following account at least one week before the start of the workshop:** Verein DYNAMO, Raiffeisenbank Kriens, 6011 Kriens, IBAN CH33 8080 8006 2135 1473 6

For postal payment: processing fee to be paid by the sender!

Liability: Each participant bears full responsibility for him/herself and his/her actions.

The DYNAMO association rejects any liability.

# David Mooney



I have been on a 20 year deep apprenticeship and colleagueship with Ya'Acov and Susannah Darling Khan and the School of Movement Medicine, including one of the School faculty members and have been pathfinding on the Apprenticeship Leadership program.

I teach Movement Medicine extensively throughout Europe and in the Americas, including weekends, residencials, Phoenix retreat, Initiation and the Movement Medicine Apprenticeship program.

I'm also a fully qualified and practising Psychotherapist for over 16 years. I have professionally trained in psychodynamic, person centred psychotherapy. More recently I have trained in Internal Family Systems and weave this deeply effective and compassionate approach into all my teachings.

I have also trained in Polyvagal Theory and Practice with Deb Dana. This Polyvagal understanding deeply informs my teaching. I integrate these skills and my passion for shamanic pathways into my work. I have been on a 7 year deep journey with the Redpath and my Lakota teachers in Sioux Valley, Canada.