

A SCHOOL OF MOVEMENT MEDICINE WORKSHOP

# EMBODIED LEADERSHIP

— WITH SUSANNAH DARLING KHAN —

DE  
HEERLIJCKYT  
VAN  
ELSMEREN  
FEB 9-11  
2018

CONTACT:  
INFO@OWC.BE



This course is dedicated to supporting female leadership in the world. Through an exhilarating dance practice called Movement Medicine we will develop and explore our own embodied consciousness, bringing body, heart and mind into alignment. From this connected place possibilities open of holistic leadership which allows systemic intelligence, creativity and playfulness to emerge naturally.

As women in these changing times, many of us are trying to work out how to take our place in the world whilst being true to who we are and who we want to be. To grow into being the change makers, healers, leaders, team members and creative people we can be, we need space to explore, play, enquire and learn. This weekend workshop with Susannah Darling Khan gives us that possibility.

We will learn about how to develop more empathy, communication skills and clear boundaries. We will

explore skills for developing synergistic leadership and systemic intelligence in the groups we are part of. And we will dance into more freedom, appreciation of ourselves and others and renew our energy and zest for life.

Whether we find ourselves at the breakfast table getting our children ready for school, or leading an international team (or both) we are leading.

Our methodology is Movement Medicine, which in the hands of one of its founders, is a subtle and profound tool for embodied consciousness, healing and transformation. Susannah is delighted to bring Embodied Leadership to Heerlijckyt Van Elsmeren.



Susannah's background is in Anthropology (1st class honours UCL 1986) and Gestalt Psychotherapy (graduate of the Gestalt Centre London 1988). Her teaching is full with energy, clarity, sensitivity and her infectious love of the dance itself.

**Workshop Location:** Heerlijckyt Van Elsmeren, Weg op Halen 2, 3450 Geetbets

**Price:** €445 (all meals and hosting included), €375 (including lunch & dinner but not hosting)

**Dates:** Starting February 9, 2018 (opening session at 5pm),  
finishing February 11, 2018 (4.30pm)

**Info for booking:** [www.owc.be](http://www.owc.be) • [info@owc.be](mailto:info@owc.be)