

A SCHOOL OF MOVEMENT MEDICINE DANCE WORKSHOP

# EMBODIED LEADERSHIP

*And Co-Creation*

WITH SUSANNAH DARLING KHAN

11-13 OCTOBER 2019  
MEDVODE, SLOVENIA  
+ OPEN EVENING  
FRIDAY 11TH

INFORMATION :  
PERME.BREDA@GMAIL.COM

SCHOOL OF MOVEMENT MEDICINE  
[www.schoolofmovementmedicine.com](http://www.schoolofmovementmedicine.com)  
EXPLORE THE MEDICINE IN WHO YOU REALLY ARE

To grow as individuals and to become effective leaders, team members, creators and change makers, we need a safe space in which to explore, enquire, make mistakes and learn. Today, leadership is often less about command and control, than about guiding creative team work and collaboration. This kind of leadership requires us to develop many skills within ourselves including clarity, congruence, co-creation and both receptive and active leadership. This work you will give you space and support to explore your embodied personal relationship with these themes through Movement Medicine dance practice.

Movement Medicine is a methodology for developing embodied consciousness through dance. It supports our physical and emotional freedom and helps us access our creativity, power, awareness and zest for life. It helps us to strengthen our own original essence, our deep purpose and our appreciation for ourselves, others and for life itself.

Owning your own personal authority and being able to collaborate supports you to make a positive difference in your own life, in your relationships and in the world. Whatever your relationship with leadership and co-creation, you are invited to come and dance into an embodied and creative exploration of this important theme for our lives and our times.



Susannah's background is in Anthropology (1st class hons 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. Susannah has been teaching conscious dance internationally for 28 years, and is the co-founder of the School of Movement Medicine.

LOCATION : ŠPORTNA DVORANA MEDVODE, Ostrovharjeva 4, 1215 Medvode

SCHEDULE: Friday 11th October 19:00-21:30 (open night - open to all),

Saturday 12th October 11:00-18:00, Sunday: 13th October 10:00-17:00

COST: Only Friday night: 25€ (open night to all),

Weekend (including Friday night): 150€ full price,

120€ Early Bird Price for full payments by 10/09/19

Information : [perme.breda@gmail.com](mailto:perme.breda@gmail.com)