

A SCHOOL OF MOVEMENT MEDICINE WORKSHOP

# EMBODIED LEADERSHIP

*Womens Edition*

WITH SUSANNAH DARLING KHAN

SWITZERLAND,  
OCT 13 – 17  
2021

**CONTACT:**  
**WWW.KF-EVENTS.CH**

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

To become the change makers, healers, leaders, team members and creative women we want to be, we need space to explore, enquire, learn and play. This intensive workshop with Susannah Darling Khan is designed to support you us in doing just that. Leadership is part of our lives, whether at the breakfast table getting our children ready for school, leading a team at work or being part of a global movement for change. We will work with active and receptive leadership skills including: resourcing yourself, communication skills, the power of congruence, clarity of boundaries, the power of intention, bringing out the best in others and co-creation.

Movement Medicine is an exquisite methodology for developing embodied consciousness through the power of dance. The dance becomes a metaphorical “playground” in which to explore and learn.

Within it we can discover more physical and emotional freedom, develop our self awareness and explore systemic intelligence. We access our creativity, power and zest for life. This work is soul work. It helps us renew our deep connection with our original soul essence, our appreciation for ourselves, others and for life itself.



Susannah Darling Khan “The Movement Medicine Woman” has been teaching intentional movement for 30 years, including an 18-year apprenticeship with 5 Rhythms Founder Gabrielle Roth. She is a dancer, music maker, healer, writer and is currently being trained by her 4 wild born Exmoor ponies in the art of pony whispering. Her background is in Anthropology (University College London) Gestalt Psychotherapy and Family Constellations. Her teaching marries ancient wisdom with neuro-science and intellect to profound effect. Susannah is the co-director of the School of Movement Medicine and is co-author of the “Movement Medicine” book published by Hay House.

Teaching language: English with German translation

Waldhaus, CH 3432 Lützelflüh (BE) • Residential Intensive

Wednesday October 13th 18.00 – Sunday October 17th 13.00

Tuition fee: CHF 895.- Early booking price with payment of deposit CHF 150.- by Sept. 1st: CHF 745.-  
Eurozone tuition prices on request

Plus 4 nights accommodation and food at Waldhaus, standard price in shared room CHF 432.-

Information & booking:

Katriona Forrester [www.kf-events.ch](http://www.kf-events.ch) \* [kat@kf-events.ch](mailto:kat@kf-events.ch) \* (+39) 031 221 279