

### **Walking seminar – Learning through embodied passage**

Walking as a means of learning and thinking has been revered for many centuries with philosophers and poets identifying walking as a means of reflection, contemplation and learning. Nor is it a particularly old-fashioned approach with award winning Nobel prize-winners and organisational gurus identifying walking as a productive means of learning.

This 2-hour session identifies the theory and practice of walking as a valid opportunity to develop both individuals and teams.

The session will organised around these basic ideas:

1. A 'light' discussion of the theory related to this area of learning.
2. Intergroup discussion of ideas of proximity, friendship, social connection and embodiment
3. A series of exercises which might include 'leading hands', paired walking, macro and micro reflection – a pathway towards