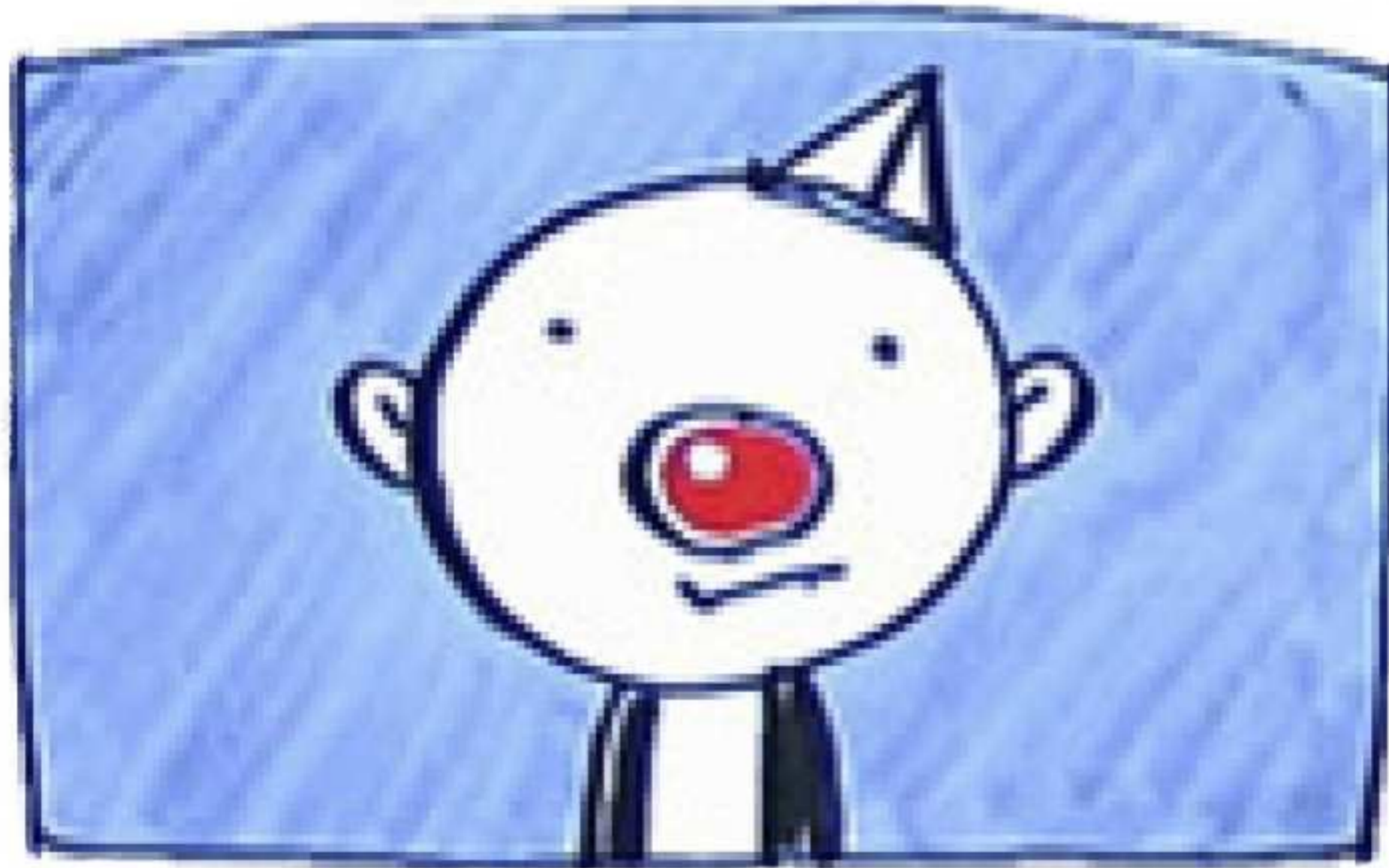


# Discover the Clown Within



**4 Saturdays of improvisational clowning in Dublin  
with Susan Coughlan and Piotr Bujak**

**15<sup>th</sup> Sep, 6<sup>th</sup> Oct, 24<sup>th</sup> Nov, 15<sup>th</sup> Dec**

**The Lantern Centre, 17 Synge Street, Dublin 8  
Phoenix Hall 10 - 5 pm**

Clowning is a state of playfulness that brings us to experience a child-like, naive and vulnerable side of life. Paradoxically we learn and are strengthened through reconnecting playfully with what makes us most vulnerable. This approach to clowning is not a technique (tricks and routines) but a personal journey towards finding one's own unique way of being a clown, by listening and being receptive - essential skills for any creative and imaginative expression. The workshop offers an introduction to the Nose to Nose person-centred way of working. No previous experience is necessary as the clown is naturally present in all.

**To book: contact Susan on 087 9875180**

**or email: [susancoughlan.od@gmail.com](mailto:susancoughlan.od@gmail.com)**

**Cost: €60 for each Saturday (concession €50)**

**More info about the workshop: [www.facebook.com/events/367826566623332](https://www.facebook.com/events/367826566623332)**

**About the Nose to Nose clowning approach: [www.nosetonose.info](http://www.nosetonose.info)**

**For directions to The Lantern centre visit: [www.lanterncentre.org](http://www.lanterncentre.org)**



Susan has a degree in Communication Studies from DCU, in Dublin and an MSc in Organisation Consulting at Ashridge Business College in UK. She began her working life as a theatre producer and tour manager with Wet Paint Arts, an improvisational theatre company in the late 80's, that pioneered high quality theatre and arts projects for young people. For the past twelve years she has worked as a freelance consultant supporting arts, culture, voluntary sector and public benefit organisations. She has recently completed the two year clown training with Nose to Nose UK.



Piotr has been facilitating 'Discover the Clown Within' workshops for 7 years. After graduating from Artemis School of Speech and Drama (UK 2004) he completed the Nose to Nose clown facilitator training and was organizing clowning workshops in Scotland, Poland and New Zealand, before settling down in Ireland in 2010. He also works as a therapeutic speech practitioner for Camphill Communities of Ireland. Piotr has his origins in Poland. He and his family now reside in Callan Co. Kilkenny.