

Issue 17

DANCE
BOSS



Issue 17
November 2024
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Cover: [Peter Praunsmaendt](#)
Photo: [@alinaatzler](#)

by
Emily
Sophie

WELCOME TO THE DANCE BOSS E- ZINE



*"Lose yourself in the
movement...find yourself
in the magic"*

*-Emily Sophie
[@iamemilysophie](https://www.instagram.com/iamemilysophie)*

Hi there and welcome to the Dance Boss e-zine.

Inside each issue you'll find an interview with a dance professional, sharing their life experiences, learnings and stories in dance.

Our aim is that by the time you finish reading, you'll feel inspired and motivated to pursue your own goals and dreams-no matter what they are, knowing that if they can do it...so can you!

Be sure to check out our cover stars with their links provided in the interview and remember to share this e-zine with someone who would enjoy it too.

Feel free to come and say hello to me on Instagram at [@iamemilysophie](https://www.instagram.com/iamemilysophie)

Be consistent.
Stay tenacious.
Always persevere.

Emily Sophie

DANCE BOSS

CONFESSIONS OF A DANCER by Emily Sophie



OUT NOW IN KINDLE &
PAPERBACK ON AMAZON



NLP

with Kamran Bedi

IG [@coachkamranbedi](https://www.instagram.com/coachkamranbedi)

kamranbedi.com

mindbodymethod.co.uk

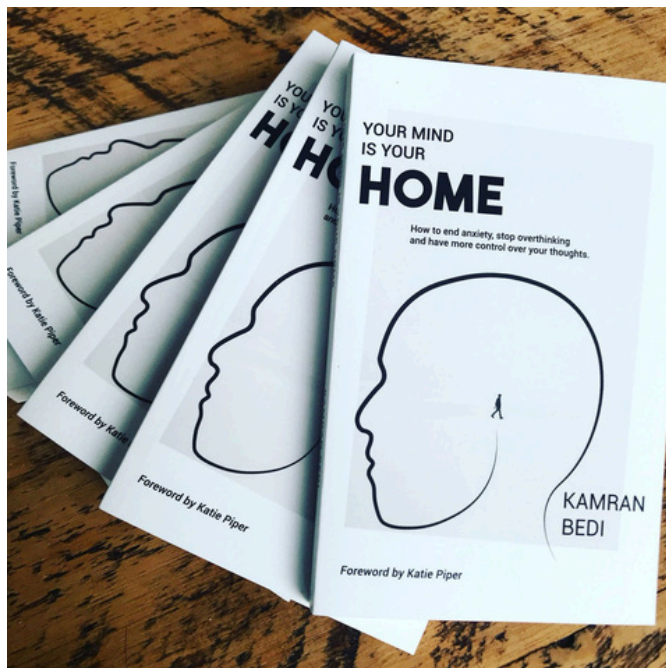
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see Kamran's website above.

If you are interested in taking part in one of the above courses, then please email Kamran at info@kamranbedi.com to find out more and quote "DANCEBOSS" to get the special discount!

You can also find out more about Kamran's self help book "Your mind is your home" from www.kamranbedi.com (as seen below).



NOVEMBER

*Take the leap
and fly*

AFFIRMATION

THIS MONTH WE CHAT TO

PETER
PRAUNSMÄNDTL

IG [@PETER_PRAUNSMÄNDTL](#)
WWW.PETER-PRAUNSMÄNDTL.DE

Hi Peter! Thank you so much for being our November cover star! Can you tell us a little about yourself and how you first got into dance?

My name is Peter, I'm 37 years old, and I live in one of the most beautiful cities in Germany, Hamburg.

Always by my side is my dog, Peppi, with whom I discover this wonderful city every day.

I have to think for a moment about what my first contact with dancing was... I think I've always danced, but more secretly, so no one would notice.

At some point, I started ballroom dancing, and I even competed in tournaments and competitions.

I've always been fascinated by people who express themselves through their bodies—it's been that way since I was a child.

Eventually, the desire grew stronger for me to express myself in the same way.

What would you say you love most about dancing?

What I love most about dancing is that it brings me into a deep connection with myself — with my body and my mind. This strong connection is the pulse of my life for me and brings me lasting happiness. Additionally, dancing builds bridges to other people, no matter their background, sexuality, or ethics. Dance unites people all over the world.



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If you have a down day, how do you pick yourself back up again? Do you have any go-to rituals?

When I'm having a bad day, I just look at Peppi, and my mood instantly lifts ;) But also, through sports, especially CrossFit, I can really push myself and quickly shift my focus. Wonderful friends and a close family connection are always there for me too, whenever I'm feeling down.

If you could go back and talk to your younger self, what advice would you give yourself?

I would tell my younger self: Listen to your heart, it knows the right path. And the right path is not the one society sets out for you, but the one meant only for you. You will only find true happiness when you follow that path meant just for you.

What are you most proud of in your life?

I am particularly proud of my intrinsic desire for growth and self-actualization. This desire has made me who I am today, and I can say that I am proud to be living the life I always dreamed about.

What has been your most memorable experience in dance to date?

The greatest moment in my dance career was undoubtedly performing in a theater on Broadway in New York City. It was our final performance of the ISVP study program at the Broadway Dance Center. My whole life, it had been my biggest dream to perform there, no matter what. I had to overcome a lot of societal resistance, but even when no one believed in me, I stayed true to my passion, and somehow, I made it happen. That moment on stage was the realization of everything I had worked for.



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Can you tell us more about your business and how you incorporate dance into this as well?

My business is to get people moving – physically and mentally. I mainly do this through 1:1 Live-Coachings, in my fitness & yoga Retreats all over the world, in public speaking engagements, or in various show productions where I work as a choreographer.

Motivating people and moving them towards happiness outside of their comfort zone is my great passion and joy.

Dance is always with me – in my show productions, of course, but also every Wednesday when I teach a Musical Jazz dance class in Hamburg.

And even when I simply share my experiences with my clients, I can see how inspired they become.

What goal/dream are you working towards at the moment?

I am currently working on my first own online shop. Soon there will be an online course on the topic of mental health (unfortunately only in German for now), as well as cool merch products like a stylish hoodie and yoga accessories. I always dreamt about my own hoodie, and now it becomes truth!

"You will only find true happiness when you follow that path meant just for you."



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What has been the biggest lesson you've learned over the years?

I learned at some point that I can't please everyone.

It's much more important to stand up for myself, no matter what others say.

Saying no to society and yes to myself has been one of my biggest lessons in recent years...

You only have this one life—it's your responsibility to live it the way YOU want!

What's your favourite dance quote or saying?

Dancing doesn't have to be perfect—rather, it should touch the soul.



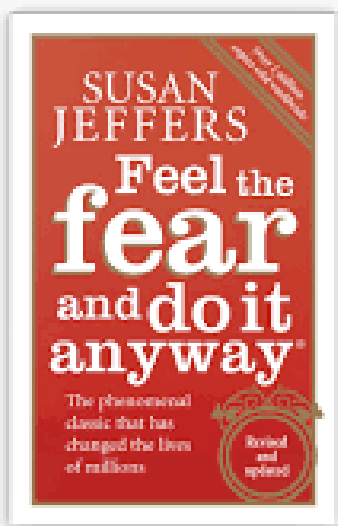
FIND YOUR INSPIRATION



It's almost Christmas season which means Radio City is hosting The Rockettes! This show is everything a Christmas spectacular should be-if you're heading to NYC this festive season, be sure to get a ticket!



The perfect film to get inspired to dance! An oldie but a goodie and one for all the family. Try not to get up and dance whilst watching some of the scenes in this film!



A great book if you are having any self doubt or fear about moving towards the things you want in life. Very inspirational and motivational!

NEW DANCE FICTION BOOK
THE LIGHT DOWN MADISON AVENUE
by Emily Sophie



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