

# ❁ Women's Ritual Dances ❁ 12-26 April 2023 ❁

## ❁ Celebrate Greek Easter: 2-week Dance & Culture Holiday ❁

with Laura Shannon, guest teachers & musicians on the magical island of Lesbos

A unique 2-week dance and culture holiday for women, to celebrate Greek Easter, featuring mainly Greek dances, but also Balkan and Armenian. We will enjoy traditional Easter celebrations as well as the sea and sacred sites, with plenty of time to relax and enjoy. Exquisite live music will be provided by Kostantis Kourmadias and Nikolas Angelopoulos, and a local dance teacher will share traditional women's dances from Lesbos and Asia Minor.



Milelia Inselgarten near Molivos is a beautiful retreat centre with a wonderful setting, excellent food, beautifully refurbished rooms, and welcoming staff (the delightful new owners have kept on all the team). It has an octagonal dance temple, ancient oak and olive trees, a spring-fed, oxygen-cleansed swimming pool, pure spring water in all the taps, a labyrinth, terraces, and a fabulous view of ancient Molivos. Just 20 minutes from the sea and the village, it's a perfect place for a dance retreat. See [www.Milelia-Inselgarten.com](http://www.Milelia-Inselgarten.com)

Traditional ritual dances are among the oldest circle dances. Simple yet profound, they celebrate the sacredness of the natural world, and help us reconnect with ourselves, each other and the cycles of life. Coming from cultures which have survived many periods of transition, these ancient dances can wisely and joyfully guide us through life changes, as well as the inner journey of the Easter mysteries. *Course language is English.*

The 2-week workshop is **open to women with dance experience**.

Cost: €770 if deposit paid by February 1, 2023; €845 thereafter.

To book, email [laura@laurashannon.net](mailto:laura@laurashannon.net). Course language is English.

*Please be aware, Covid restrictions may affect our course conditions.*



*The course price includes 20 hours of dance lessons; one full-day excursion to dance in a sacred site with lunch; arrival & farewell dinners; and 2 festive Easter meals. Drinks, lunches, taverna evenings, airport transfers and tips are not included. Accommodation is in comfortable rooms, wooden caravans, or studios with kitchenette (all with ensuite shower/WC). Room prices in 2023: €50-55 per person per night in twin room, €65-70 per person per night in single room, including a delicious, abundant breakfast buffet of mainly local and organic foods. An overnight tax of 50 cents/night must also be paid.*



*Arrival: Wednesday April 12 after 15.00. The workshop begins with dinner together. Departure: Wed. April 26 after breakfast. If you wish to stay some extra days before or after the seminar, Milelia Inselgarten staff can help arrange extra accommodation, either at Milelia or elsewhere: [office@milelia-inselgarten.com](mailto:office@milelia-inselgarten.com) Flights are not included. You must arrange your own travel to Mytilene (Lesvos) and you must have travel insurance which fully covers any Covid-related costs. A non-refundable deposit of €250 will confirm your place; please email Laura for bank details: [laura@laurashannon.net](mailto:laura@laurashannon.net). You can also pay in other currencies. Course balance and accommodation payment are due in cash on arrival.*