

❁ Women's Ritual Dances ❁ 16-25 September 2024 ❁
❁ Dance & Culture Holiday with Laura Shannon ❁
with guest teachers & exquisite live music
on the magical island of Lesvos, Greece

A 9-day dance and culture holiday for women, featuring Greek, Balkan and Armenian dances. Exquisite live music will be provided by Kostantis Kourmadias and Nikolas Angelopoulos, and a local dance teacher will share traditional women's dances from Lesvos and Asia Minor. We will have plenty of time to relax and enjoy sun, sea, shops, sacred sites, and much more.



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

Traditional ritual dances are among the oldest circle dances. Simple yet profound, they celebrate the sacredness of the natural world, and help us connect with ourselves, each other and the cycles of life. These dances come from cultures which have survived many periods of transition, and can guide us through our own life changes, in the footsteps of the grandmothers.

The 9-day workshop is **open to women with dance experience**.
Cost: €575 if deposit paid by May 1, 2024; €675 thereafter.
To book, email laura@laurashannon.net. Course language is English.

The course price includes 18 hours of dance lessons (minimum); one full-day excursion to dance in a sacred site with lunch; arrival & farewell dinners. 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 2024: €55 per person per night in twin room, €70 per person per night in single room, including a delicious, abundant breakfast buffet of local and organic foods. A guest tax (50 cents/night) is also payable. *Please be aware, Covid measures may affect our course conditions.*

Flights are not included. You must arrange your own travel to Mytilene/Lesvos (airport code MJT). All participants are required to have comprehensive travel insurance including Covid-related cover.



Arrival: Monday 16 September after 15.00. The seminar begins with dinner.
Departure: Wed. September 25 after breakfast. If you wish to stay any extra days before or after the seminar, Nadja at Milelia can help arrange accommodation, either at Milelia or elsewhere. Contact Nadja at office@milelia-inselgarten.com. A non-refundable deposit of €250 will confirm your place. Email Laura at laura@laurashannon.net for bank details or to pay in currencies other than euro. Part of the accommodation cost can be paid in advance directly to Milelia; details will be provided upon booking. Dance course balance and accommodation balance will be due in cash on arrival. Please join us! We hope to see you there!