

❁ Women's Ritual Dances ❁ 4-18 April 2026 ❁

❁ 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, 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. 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, welcoming staff and lovely new owners. 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, sun and shade, a labyrinth, 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. I've been teaching here for over 25 years! 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 the inner journey of the Easter mysteries, as well as our own life changes. *Course language is English.*

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

Course cost: €875 if deposit paid by March 1, 2026; €975 thereafter.

To book, email laura@laurashannon.net. Course language is English.

The dance course price includes a minimum of 20 hours of dance lessons; arrival & farewell group meals; 2 festive Easter meals; one full-day excursion to dance in a sacred site with lunch. Accommodation, drinks, lunches, taverna evenings, airport transfers and tips are not included. Accommodation is in lovely comfortable rooms, wooden caravans, or studios with kitchenette (recently renovated, with ensuite shower/WC). Room prices in 2025: €55 per person per night in twin room, €70 per person per night in single room, including a delicious, abundant breakfast buffet of mainly local & organic foods. An overnight tax of €2/night is also payable.



Arrival: Saturday April 4 after 15.00. The workshop begins with dinner together.

Departure: Saturday April 18 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
Flights are not included. You must arrange your own travel to Mytilene/Lesvos (MJT) and you must have travel insurance which covers any Covid-related costs.
A non-refundable deposit of €250 will confirm your place. Email for bank details: laura@laurashannon.net. You can also pay in other currencies. Accommodation costs can be partly paid in advance to Milelia and the remainder in cash on arrival.