

🌸 Women's Ritual Dances 🌸 1-15 May 2027 🌸

🌸 Week 1: Dances to Celebrate Greek Easter and Spring, 1-8 May

🌸 Week 2: Uneven Rhythms (Dance & Frame Drum), 8-15 May
with Laura Shannon & musicians on the magical island of Lesvos

This unique dance and culture holiday for women, now in its 28th year, focuses on mainly Greek dances, as well as Balkan and Armenian. Exquisite live music will be provided by Kostantis Kourmadias (both weeks) and Nikolas Angelopoulos (week 1 only), while a local teacher will share traditional women's dances from Lesvos and Asia Minor.

For women with dance experience. Join us for one week or two!



Week 1: Women's Ritual Dances for Spring



Traditional ritual dances are among the oldest circle dances, rooted in Old European cultures of peace.

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, the ancient wisdom of the dance can joyfully guide us through times of change.

Greek Easter falls on May 2 this year, inspiring us to work deeply with the ancient themes of rebirth, release, and regeneration which are embedded in the dance. Our first full day together will include an Easter feast.

Classes will take place mainly in the morning, so we have afternoons and evenings free.

Week 2: Master Class in Traditional Dances with Uneven Rhythms + Frame Drumming

Uneven or irregular dance meters (3/4, 5/8, 7/8, 9/8, 11/8) embody wisdom in different ways. Quick beats which give us energy to move forward balance with slow beats, reminding us that rest is essential, while 'slow-quick' rhythms reflect the heartbeat of Mother Earth.

Frame drums help us understand these rhythms, giving us valuable keys to unlock the hidden teachings and healing potential encoded within.



For thousands of years, frame drums have been used by women for ritual dance. Following in the footsteps of priestesses of old, we will learn simple frame drum techniques we can bring into our ritual dance. *No previous drumming experience is necessary. Please bring a frame drum if you have one, ideally 14-18" / 30-40 cm.*

Milelia Inselgarten near Molivos is a truly beautiful retreat centre with a wonderful setting, excellent food, newly refurbished rooms, and warmly welcoming staff and owners. It features a stunning octagonal dance temple, ancient oak and olive trees, a spring-fed swimming pool, pure well water, a labyrinth, and a fabulous view of ancient Molivos.



Just a 20-minute walk from village and sea, it's the perfect place for a dance retreat.

Alternative: Relaxing Spring Holiday Week!

Instead of a seminar, you can enjoy a relaxing women-only holiday at Milelia, to enjoy the lush springtime at your own pace. This option is available in Week 2 only.

Women's Ritual Dances with Laura Shannon, Lesvos, Greece, 1-15 May 2027

Week 1: Greek, Armenian & Balkan Dances to Celebrate Greek Easter and Spring, 1-8 May

Week 2: Master Class in Dances with Uneven Rhythms + Introduction to Frame Drum, 8-15 May

Both seminars are suitable for women with previous dance experience. Course language is English.

To book for either dance seminar week and/or the holiday week, contact laura@laurashannon.net.

A non-refundable deposit of €250 per week will confirm your place, payable to:

Account name: Laura Shannon IBAN: BE27 9670 1233 9473 Swift/BIC: TRWIBEB1XXX

Bank name and address: Wise, Rue du Trône 100, Brussels 1050, Belgium

Email me at laura@laurashannon.net for bank details if you wish to pay in other currencies.

Course cost: €395 per seminar week if deposit is paid by **November 1, 2026**; €495 thereafter.

Holiday week (week 2 only, women only): Accommodation cost + €50 booking fee.

The dance course price includes a minimum of 12 hours of lessons each week, some with live music; 3 group meals; one full-day excursion to dance in a sacred site. Flights, accommodation, drinks, lunches, taverna evenings, airport transfers, optional excursions, and tips are not included.

Accommodation is in lovely comfortable rooms, wooden caravans, or studios with kitchenette (all recently renovated, with ensuite shower/WC). Room prices: €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. Accommodation costs can be partly paid in advance to Milelia, with the remainder due on arrival. An overnight tax of €2/night is also payable. Milelia-Inselgarten.com

Molivos (aka Mithymna) is one of the most beautiful villages in Greece, with lovely tavernas and shops, wisteria-covered cobblestone streets and a magical harbour. Lesvos is the third-largest Greek island, known for its gorgeous scenery and natural beauty, with pine forests and lush olive groves. Springtime is very special, with many nightingales singing in the valleys and flowers in abundance.

Arrival: Saturday after 15.00. Each workshop week begins with dinner together (included).

Departure: Saturday after breakfast.

Arrange your own travel to Mytilene/Lesvos airport (MJT). We will organise taxi pickups from the airport or ferry port (ca. €80, to be shared among all passengers). Participants must have travel insurance which covers any medical or Covid-related costs. If you wish to stay extra days before or after the seminar, Nadja at Milelia can help arrange accommodation for you in or around Molivos. Contact her at office@milelia-inselgarten.com, +30 22530 71180 or +49 151 29157622.

As Greek Easter Sunday falls on May 2, 2027, we recommend you book your flights well in advance.

We hope to see you in the circle! Laura Shannon, www.laurashannon.net, laura@laurashannon.net

