

🌸 Women's Ritual Dances of Greece & the Balkans 🌸

with Laura Shannon and Greek Musicians

28 August - 4 September 2016 🌸 Mani, Peloponnese, Greece

Traditional women's ritual dances are among the oldest circle dances. Simple yet profound, they celebrate the sacredness of the natural world, help us reconnect with ourselves, each other and the cycles of life, and joyfully guide us through our own life changes.



Live music will be provided by Kostantis Kourmadias & Nikolas Angelopoulos.

On Friday Aug. 26, we will offer a concert in the Mani International Music Festival, followed by a traditional 'glendi' Greek dance party. Come to Mani a few days early to listen, dance, relax and enjoy!

The workshop is in English, with limited German translation if necessary. All women with dance experience are welcome!

Mani-Sonnenlink centre, in the mountains above Stoupa, is an

exquisite retreat centre with a shaded stone amphitheater and a beautiful wood-floored studio. The first organic Bio-Hotel in Greece, its breathtaking mountain setting, vegetarian food, lovely rooms, and welcoming staff are ideal for a dance retreat. It is just a few minutes' drive from sandy beaches in Stoupa and the



picturesque fishing villages of Ayios Nikolaos and Kardamyli.



Course cost: 395€ if booked with deposit by June 1, 2016; 445€ thereafter. Accommodation in Sonnenlink: 297-647€ for the week in single or shared rooms with shower/WC, comfortable canvas houses or luxurious apartments. Included: 7x abundant breakfast buffet, 2x group dinner with wine, 1x lunch. Not included: drinks, extra meals, tips, travel, transport & taverna evenings.

Arrival: Sunday 28/8 after 14.00. Departure: Sunday 4/9 after breakfast.

There are direct flights to Kalamata from many UK & European airports. Detailed travel information will be given after registration.



Booking through: Mani-Sonnenlink Centre, 24024 Pyrgos-Lefktrou
Dagmar Graf dagmar@mani-sonnenlink.com, +30 - 27210-78077
or Burgi Bläuel +30 - 693-7331333 www.mani-sonnenlink.com

This seminar can be combined with Friedel Klope-Eibl's dance week at Mani Sonnenlink, 21-28 August 2016. Early booking is recommended! Friedel's course will be in German. Contact mailto:friedel.klope-eibl@t-online.de



For more information, visit www.laurashannon.net or contact Laura at laura@laurashannon.net