

# Women's Ritual Traditions of Bulgaria

## Sacred Dance Journey with Laura Shannon & the Bisserov Sisters

*including the Koprivshitsa Festival*

**2-14 August, 2010**

This unique trip, with Laura and a small group of women, will focus on Bulgarian women's traditions, dances, songs and rituals, and will include dance and singing lessons, dancing with live music, museum visits and folklore lectures, sightseeing, beautiful nature, and encounters with women's village groups. Our emphasis is on the authentic village dances and rituals which have been part of women's lives for many generations. A high point is the national folklore festival in Koprivshitsa from 5-8 August, which takes place every five years.

Bulgarian women's ritual traditions are rich in life-affirming wisdom, encoded in song texts and in the symbols of dance patterns and embroidery patterns. This women's wisdom, honouring nature and the cycles of life, has been handed down from distant ancestors until the present day. These traditions are still alive, although in danger of extinction; thanks to the hospitality of the women's groups prepared to open their hearts to us, we can experience these ancient customs in a meaningful way.

Our itinerary will include Gorni Lozen, Sofia, Panagyurishte, Koprivshitsa, Plovdiv, Dospat, Gotse Delchev, Bansko, Rila Monastery, Sofia.

*Exact itinerary may be subject to change.*

Course language is English, with some German translation as necessary.

**Plus: 15-18 August**

## Women's Traditions of Greece

Optional three-day additional journey to villages in Greek Thrace (Sitohori, Pentalofos) for the celebration of the Virgin Mary, secret gajda festival, and dancing with women's groups there.



Price includes airport transfers, hotel accommodation in double rooms with half-board (village homes in Koprivshitsa), two picnics, dance and singing workshops, abundant live music, folklore lectures, entry to Koprivshitsa festival, and transportation in our own comfortable air-conditioned bus.

*Price for trip Aug 2-14:*

In double room 1450€ per person.  
Single room supplement: 330€.

*Price for trip August 15-19:*

In double room 450€ per person.  
Single room supplement: 95€.

Flight to Bulgaria is not included and must be arranged by you.

*Places are strictly limited.*

*Please book by March 31st.*

For more information, contact:

Laura Shannon

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[www.laurashannon.net](http://www.laurashannon.net)

Booking with deposit of 400 euro to:

Volksbank Steyerberg,

D-31595 Steyerberg

Account name: Laura Shannon

Account number: 2093100

BLZ: 25662540

IBAN: DE 28256625400002093100

BIC: GENODEF1STY