

Women's Ritual Dances 🌸 22-29 September 2010

🌸 Dance Workshop with Laura Shannon 🌸

and guest teacher Rena Grigoriou

🌸 on the island of Lesbos, Greece 🌸



Traditional Greek, Balkan and Armenian women's dances which honour the sacred earth, plus live music, delicious food, nature, sea, hot springs, free time, and visits to sacred sites.

Our special guest teacher Rena Grigoriou will share women's dances from Molivos.

The workshop takes place at Milelja Island-Garden near Molivos, a beautiful retreat centre with an octagonal dance temple, ancient oak and olive trees, a pure spring-fed swimming pool, shady and sunny terraces, and a fabulous panorama of ancient Molivos, 15 minutes from the sea. The wonderful setting plus excellent food, lovely rooms, and optional therapy treatments make this a perfect place for a dance retreat. See www.Milelja-Inselgarten.com

Traditional Greek, Armenian, Balkan and Rom (Gypsy) women's dances are among the oldest circle dances. Simple yet profound, they celebrate the sacredness of the natural world, and help us feel connected with one another and with the cycles of life. We approach them with loving attention to style, background and symbolism - particularly Goddess imagery - discovering the meaning within the movements and their relevance to women's lives today. Coming from cultures which historically have survived many periods of transition, these dances can help guide us through life changes with wisdom and joy.

The workshop is open to all women with dance experience.

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

Cost: 335€ if booked with deposit by June 21; 370€ thereafter.

Accommodation at Milelja including breakfast, a light arrival dinner, and a farewell dinner: Per person per week in double room, 285€, single 355€; in wooden Roma-caravan 305€ double, 395€ single; studio apartments with kitchen 305-325€ double, 395-425€ single.

All rooms have shower and WC. Camping (with your own equipment) 175€.

Drinks, optional lunch at Milelja, and group evenings in local tavernas are not included.

Bookings through Laura Shannon: laura@laurashannon.net www.laurashannon.net

Airport transfer can also be arranged. To come early or stay later in Milelja or Molivos, please contact Ursula Hasenburg in Milelja: uschi@milelja.de or the Molivos Tourist Office: +30 22530 71347, tourism@mithymna.gr



Arrival is on Wednesday 22/9 after 15.00. The workshop begins Wednesday evening with a light dinner at 18.00. Departure is on Wednesday 29/9 after breakfast. You must arrange your own flights to Mytilene (Lesvos).

To confirm, send a deposit of 200 Euro to:
Volksbank Steyerberg, D-31595 Steyerberg
Laura Shannon, Account number: 2093100
BLZ: 25662540 BIC: GENODEF1STY
IBAN: DE28256625400002093100

The deposit is 50% refundable if you cancel more than 12 weeks before the arrival date.

The balance will be due in cash upon arrival.

To pay in US or UK funds, contact Laura.