

Treasures of Inanna

Women's Ritual Dances & Qi Gong

A Beltane Workshop for Women

*with Laura Shannon
and Francesca Stridgen*

at Newbold House near Findhorn, Scotland, Bank Holiday Weekend

April 30-May 3, 2010

Our last workshop at Newbold!

Traditional women's dances from Greece, Turkey, Armenia, Kurdistan, & the Balkans provide a living link to women's wisdom of ancient times. Their simple, universal patterns affirm the sanctity of nature and connect us with the flow of life energy. Through them we will open to the story of Inanna: ancient goddess of fertility and protection, guardian of the threshold to what we hold sacred, and guide to the inner journey of descent and return. Woven together with Qi Gong, story, song and ritual, the dances can offer valuable and joyful insights into our own lives.

We begin with dinner at 6 p.m. on Friday, and end with lunch on the Bank Holiday Monday.

Cost: £255 residential (includes all meals & 3 nights accommodation),
£195 non-residential (includes all meals except breakfast).

Please bring soft-soled dance shoes, a long skirt and hip scarf, and a journal to write in.
All women with circle dance experience are welcome.

Laura Shannon

brings an innovative, caring approach to traditional dance, balancing the authenticity of the folk dance world with the spiritual focus of the circle dance world. Her work aims to uncover the hidden meanings encoded within traditional dances which are still relevant to women's lives today. Trained in Intercultural Studies and Dance Movement Therapy, Laura has travelled widely since 1987 to learn and to teach, bringing her visionary insight and passionate dancing to workshops in twenty countries. She divides her time between Findhorn and Greece.
See www.laurashannon.net

Francesca Stridgen

is a dancer, drummer, storyteller and experienced Qi Gong practitioner. She will guide us in Qi Gong exercises to help us open to the natural life energy (Qi) of the earth, which we can also perceive and experience in the dances.

Newbold House

is a gorgeous Victorian mansion dedicated to education, community and organic gardening, with exquisite gardens and delicious vegetarian food. For travel information, contact Newbold at the address below.

Booking

with a non-refundable deposit of £50 (please specify residential or non-residential) to: Newbold House, 111 St Leonard's Road, Forres IV36 2RE (+44) 01309 672 659 office@newboldhouse.org www.newboldhouse.org

