

Women's Ritual Dances: A 2-year Training with Laura Shannon



“Laura’s unique way of introducing women to ritual dances has shown me how many layers of meaning the traditional dances contain. Through her help, we learn to decode the wisdom hidden within the dances, based on our own experience of them. This fulfils an ancient longing I feel, to reconnect with our roots. I receive great strength, power and connectedness from the dances. A deep self-confidence, rooted in my centre, comes to the fore. I am awed by the unbelievable beauty of dancing women, mutually strengthening and affirming. A great knowledge sleeping in us is awakened through the dances, music, and symbols, and it guides me every day. I am very thankful for these treasures.”

– Beate Frey

This training

offers an intensive exploration of traditional women’s ritual dances, within the supportive environment of an ongoing closed group.

The curriculum includes:

- * Traditional Balkan, Greek, Rom, & Armenian women’s dances
- * Music, rhythm and improvisation
- * Ancient art and antique textiles as they relate to the dances
- * Basic teaching skills in the transmission of traditional dance material
- * Dances of exile & homecoming; the inner homeland of the dancing body
- * Middle Eastern Garden, a creative movement meditation for women
- * Relevant teachings of women spiritual guides from diverse traditions
- * Transcultural singing and creative ritual to honour the divine feminine

Trainings

start in spring 2010 in Germany & Austria, in the German language. There are no English-language trainings currently planned; contact Laura to hear of future possibilities. The training is open equally to teachers and to dancers committed to deepening their skill and understanding of dance as a spiritual practice.

Any woman who has danced with Laura before may apply for a place.

For more information, visit www.laurashannon.net

Laura Shannon

holds degrees in Intercultural Studies and Dance Movement Therapy, and since her first encounter with Sacred Dance at the Findhorn ecological community in Scotland in 1984, she has travelled the world to research and teach traditional folk dances. Her unique way of working has guided thousands of people all over the world to experience traditional dance as a means of healing and transformation. Bridging the authenticity of the folk dance world with the spiritual intention of the circle dance world, and carefully bringing attention to style, background, and symbolism, Laura understands the dances both as a nonverbal language and as a form of spiritual practice passed down from our ancestors in the human family and containing wisdom still relevant to our lives today. Coming from cultures which historically have survived many periods of change, these dances teach skills and transmit messages which can guide us lovingly through difficult times. Many traditional dances embody an ancient worldview of sustainability, community, and reverence for the earth; Laura’s teaching seeks to rekindle our understanding of this worldview, to bring greater awareness, gratitude and joy into our dancing and into our lives.

“The women’s ritual dances, as I have learned them from Laura, have for many years guided my inner longing for homeland as well as my search for spiritual belonging, personal identity and family roots. The dance ritual teaches me to step forward into daily life as a woman, as into an intricately woven dance pattern, grounded in my life and drawing together threads of personal, community, and spiritual experience. This process has linked my existential quest to a deeper meaning, and enabled an authentic experience of an embodied feminine identity. I can find these patterns in every women’s dance, like a living energy source which I can draw on endlessly both for myself and to give to others.”

– Ina Beate Ziegler

“I always thought there must be another dimension to dance. The women’s traditional dances Laura teaches are the ones I always dreamed of and sought for so long. These dances have inspired me, they have helped me to find myself again. There are only these clear simple steps leading straight to the heart of the matter, avoiding nothing. And there is this tangible power from generations of women, who danced these dances before me, and whose presence always moves me very deeply. For me, these dances are the essence of a fully lived life.”

– Eva Frank