



## Mani - Sonnenlink

### Traditional Circle Dances for Joy, Healing and Change

Traditional Dances from Greece, Eastern Europe and the Middle East  
with Live-Music (Kostantis Kourmadias) for women and men.

### Circle Dance Workshop with Laura Shannon



#### July 2nd 2010 Dance Workshop, July 3rd 2010 Concert

**When:** Friday 2.7. 10.00-13:00  
18:00 coffee - 18:30 - 21:30 Dance lesson  
with **live music**. If wished so, we can end  
the day with a group dinner.



**Languages:** Mainly English, with translation into German and/or Greek as necessary

**Where:** [Seminarhausfotos](#): In the Sonnenlink with Amphitheatre in the Mani, South  
Peleponnese, Greece, 24024 Pyrgos-Lefktrou (near Stoupa & Kardamyli)

**cost:** 105€ (included is: the seminar day, 7 hours of dancing, live music in the evening,  
daytime use of the seminar house facilities, light seminar buffet, plus the Saturday night  
concert) *Donations to honour the live music are welcome*

**Overnight stay** in the Sonnenhouse (1- 3 persons/apartment): cost between 30 and 85€/  
night. [www.mani-sonnenlink.com](http://www.mani-sonnenlink.com)

An optional extended program including spring walks, excursions to sacred sites, and Greek vegetarian cooking classes, or simply a holiday, can be arranged for the days following the seminar, according to interest.

### **Circle Dance Workshop with Laura Shannon**

Traditional Greek, Armenian, Kurdish, Turkish, Balkan and Rom (Gypsy) dances, connected to nature, are among the oldest circle dances still alive. Simple yet profound, they carry messages from ancient times which are still relevant and even essential to our lives today. Through loving attention to style, background and symbolism, we can approach these dances in a way that reveals the hidden wisdom passed down by our ancestors in the human family. These dances celebrate the sacredness of the natural world, and help foster our sense of community and connectedness with one another, with ourselves and with the cycles of life. Coming from cultures which historically have survived many periods of upheaval and change, they help us develop the resources and understanding which can guide us through difficult times. Open to all women and men with dance experience. The course will be taught mainly in English, with some German and/or Greek translation as necessary.

### **Laura Shannon**

is a dancer and dance movement therapist, born in the US, now living in the Findhorn community in Scotland and in Greece. Since her first encounter with Sacred Dance in 1984, Laura has travelled to many countries to research and teach traditional circle dances and their music, and brings her inspiring seminars to twenty countries worldwide. Laura teaches the dances expertly and gracefully, bringing our attention to the meaning within the movements and dance itself as a joyful expression of our life energy. See [www.laurashannon.net](http://www.laurashannon.net)

### **Kostantis Kourmadias:**

The seminar will be accompanied by exquisite live music from Kostantis Kourmadias, a musician and singer from Greece. Playing violin and saz, Kostantis specializes in the oldest forms of traditional music, particularly island music and the Greek music of Asia Minor, but also the music of the Balkans and the Middle East. He has played for many of Laura's workshops and feels honoured to help hold a ritual space enabling dancers today to approach the traditional dances of the past with reverence.

**Concert: Songs of Love for Heaven and Earth:** Kostantis and Laura will offer an evening concert in the beautiful Mani-Sonnenlink Amphitheatre on Saturday, playing exquisite traditional music from Greece, the Balkans and the Near East. The Saz creates a deeply meditative atmosphere and allows rich emotional expression. It is perfectly suited to traditional love songs, which like mystic poems express the soul's deep longing for union with the divine.

**Travel Info:** fly to Athens or Kalamata *direct flights from the UK to Kalamata* airport. Or with boat to Patras.

From Kalamata to Kardamili and Stoupa up the mountains to Pyrgos.

Detailed information after registration.

### **Info & Registration:**

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