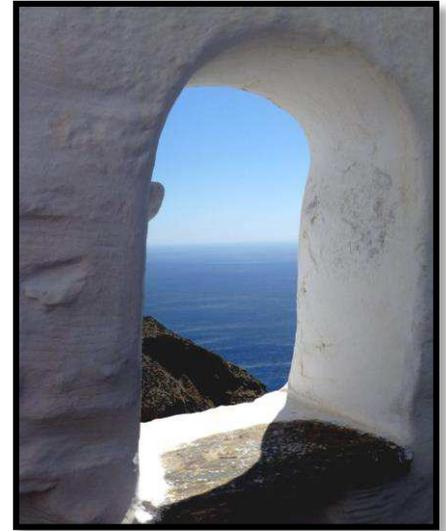


Soul_Body Journey
AMORGOS 2016
Cyclades/Greece
25th- 31st March 2016
a retreat by DanceHaus



Where the Aegean is tinged with red and the mountains seem to fire in the hour of twilight, where the earth is still a fairytale to explore, where the atmosphere along the old paths and steep hills is timeless, the Island of Amorgos, the white jewel of the Cyclades, will host a " Soul and Body Journey".

Away from the tourist ferry routes and the noise and pressure of everyday life, this paradise of fascinating history and intact nature, is the ideal place to experiment through different disciplines and practices, the voice of our own breath, the hidden power the body, the movements of the soul seeking a space of expression.

Yoga, Qi Gong, Gyrokinesis© and Therapeutic WaterWork are practices that come from ancient knowledge, connecting body, mind and heart, guiding us towards a process of self knowledge and evolution. Spring is the time of rebirth and transformation as well as realizing our faculties of self-healing, regeneration and awareness.

Every day, a rich and inspiring program will unfold: the morning is dedicated to subtle practices, awakening the senses, through soft movement, pranayama and qi gong. The afternoons and early evenings are dedicated to the connection between the physical body and our inner universe, through Vinyasa Yoga, breath and energy work, visualization, meditation and intention. Also in the program, therapeutical bodywork in the water is a powerful and pleasurable tool of self knowledge and relaxation. The element of water is a sharp mirror of our emotions and potential. Based on apnea techniques and deep relaxation exercises, we get in touch with our depths in a nurturing, soft and gentle way, promoting well being and a unique sense of rest. To support the experimental workshops, there will be theory sessions where we will explore the world of Rites and Symbols and the philosophical sources that inspire the work.

This experiential training is aimed to create a holistic process of integration: our bodies, our personal stories, our most vulnerable places as well as our greatest strengths and possibilities, motivating creativity, joy, wellbeing and health, will be enhanced and connected to realize a process of unification.

There will be also plenty of time to rest and indulge in soul and body treats such as Traditional Thai Massage, Ayurvedic Oil Massage, Craniosacral Therapy or schedule a private coaching session with one with one of our teachers

Seven days perceiving beauty, seven days to soak in the land of myth, seven days to "*come back home*" rest, play and learn, seven days to breathe, move and *just be*.

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Some of the highlights of our stay in Amorgos will be:

- an interaction with Accupuncturist and Herbalist Vangelis Vassalos in his beautiful distillery in the picturesque village of Lagada, where we will witness the process essential oil manufacturing and other natural gifts;
- walks through the valleys and hills being permanently followed by the perfumes of wild sage, oregano and thyme always overlooking the eternal blue of the Aegean;
- the pilgrimage to the magnificent Monastery of Hozoviotissa, the white colossus built up on a hill above sea level;
- a visit of the legendary beach of Agia Anna recalling scenes from the cult movie "The Big Blue";
- additional adventures such as scuba diving or hiking in mindblowing sceneries can be arranged upon request.



OUR TEACHERS

Anna Bortoloso

Anna studies **dance** since 1984 and works as a professional dancer and creator since 2008.

In 2003 she starts the practice of **Tai Chi** and **Qi Qong** with Maestra Giuliana Viel - Tokitsu Ryu School - in Milan, who conducts also a work on subtle energies. Since 2012 she dedicates to the art of massage and specializes in **Traditional Thai Massage** (Wat Pho Stile) under the guidance of Enrico Corsi in the Academy of Traditional Thai Massage in Milan, **Royal Thai Massage** (a technique that until a few years ago, was reserved to the royal family in Thailand) under the guidance of Doctor Sukchai Masri from Bangkok, the Ayurvedic treatments with Dr. Franklin in his Kerala Institute-India. In 2015 her personal journey crosses the path of Yoga with Maestro Claudio Conti in Milan.

Selene Manzoni

Selene was born in Milan where she starts her education as a professional dancer and cooperates with many different international **dance** companies. Being confronted with different artistic expressions has implied for her a permanent research in her own creative work and her own body boundaries.

Her meeting with the disciplines of **Gyrotonic®** and **Gyrokinesis®** unveils to her a world of endless possibilities for conscious bodywork, through breath, the inner rhythm, connections and harmony. Her passion leads her into becoming a personal trainer in this techniques sharing her personal journey with dancers and all sorts of students. In 2010, together with two former colleagues and good friends, she manifests her dream of opening the first studio in Milan dedicated only to Gyrotonic® also educating future trainers. Later was born the joined venture with Susanna Beltrami for a second center, aimed to support the dancers during their education in the Academy. She has nevertheless not forgotten her first love: classical dance.

Sol Schmitz

Born in Ecuador but lived most of her life in Europe, Sol is a Yoga Alliance Certified **Ashtanga Vinyasa Yoga** Teacher, body therapist and **life coach** (ICC Certified Coach). She has been a pupil in the School of Initiatic Therapy in Quito, founded by Dra. Vera Kohn, following the teachings of Dr. Karlfred Graaf Von Durckheim, the Psychosynthesis Academy in Stockholm following the teachings of Dr. Roberto Assagioli and also in the studies of Hypnosis with Professors Lars Erik and Elene Unestahl in Sweden. She has studied **Cranio Sacral Therapy** with Jeanet Evergreen, founder of the River Bluff Sanctuary in Charlottesville, USA. Sol is also a Certified AIDA **Freediving** Instructor and is currently implementing her experiences in the water to her therapeutic work as a Coach and Yoga teacher.

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Susanna Beltrami

The name of Susanna Beltrami appears as early as 1986, when returning from **the Merce Cunningham Foundation** in New York, becomes one of the major choreographers in Italy and marks an important beginning for contemporary dance. Immediately he receives teaching and executive duties in the most important training centers of dancing in the north of Italy, and at the same time proves to be a pioneer of the modern and contemporary dance in Italy through its innovative choreographic work open to contamination between different artistic worlds.

After intense artistic collaborations with musicians, sound designers and important Italian directors such as **Maurizio Scaparro**, **Giorgio Albertazzi** and **Andrée Ruth Shammah**, she founded, in 1998, with the étoile **Luciana Savignano**, the Company Pier Lombardo Danza - today Compagnia Susanna Beltrami - based in Milan and recognized by the Ministry of Culture. Since 2006 directs **Accademia Susanna Beltrami**, path of excellence for the training of dancing, and the core foundation of the future "dance house", **DanceHaus Susanna Beltrami**, opened in 2009, the year in which the choreographer is also engaged with the talent show of RAI TWO "Italian Academy". DanceHaus Susanna Beltrami is now considered a real dance-community, a source of arts and crafts and an international point of reference for young artists and creatives dance that here have the opportunity to experiment, have fun and specialize in a stimulating context and in line with the cultural and artistic trends of the moment.

THE TOOLS

Qi Qong with Anna Bortoloso

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced *chee* and is usually translated to mean the life force or vital-energy that flows through all things in the universe. The second word, Gong, pronounced *gung*, means accomplishment, or skill that is cultivated through steady practice. Together, Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Qigong practices can be classified as martial, medical, or spiritual. Qigong is not a panacea, but is certainly *a highly effective health care practice*. Many health care professionals recommend Qigong as an important form of alternative complementary medicine. The gentle, rhythmic movements of

Qigong - that can be practiced by people of every age - reduce stress, build stamina, increase vitality and enhance the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.



Gyrokinesis© with Selene Manzoni

The Gyrokinesis© is a method gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. Gyrokinesis© classes are 60-90 minutes long. Each class begins on a chair with a gentle warm up sequence to awaken the senses, and stimulate the nervous system. This is followed by a series of fluid spinal motions which increase range of motion, and prepare the body to explore more complex movements with agility, and ease. Class continues on the floor with exercises that expand on the spinal motions, gradually adding more complex sequences, incorporating more movements of the hips, shoulders, hands and feet. The floor exercises are followed by a rhythmic standing sequence that incorporates balance, and cardiovascular exercises; then ends with a calming, unwinding sequence designed to prepare the body and mind to reintegrate with the every day world.

The method was developed by Juliu Horvath, and ethnic Hungarian, professional dancer from Romania.

Hovarth suffered a series of debilitating injuries during his career, and began developing what are now known as the Gyrotonic© and Gyrokinesis© Methods as a way to heal, regain and sustain strength, flexibility and agility.

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Yoga, Pranayama and Therapeutic WaterWork with Sol Schmitz

Vinyasa Yoga

Vinyasa Yoga derives from Ashtanga Vinyasa Yoga which has its roots in the Yoga Korunta, an ancient manuscript found and compiled by Krishna Macharya and his disciple Pattabhi Jois from Mysore, India in the beginning of last century.

Vinyasa Yoga is a graceful, yet challenging discipline where different postures are interlaced by the breath as a connecting thread, creating dynamic sequences of ongoing movement, bringing special focus to the journey between the postures and to a sense of flow and harmonic transformation and change, travelling from posture to posture, organically. The practice is appropriate for students of all levels, from beginners to lifelong practitioners and accessible to many because it meets each student where they are and according to their condition. As students move through the different postures, they are

encouraged to go deeper and experience the practice in a meditative and spiritual way as well as develops a rigorous observation and awareness of the physical body and focus on the Eight Limbs of Yoga (Patanjali's Ashtanga Yoga). In essence, Yoga is a system that can be embraced both as a devotional practice and as a discipline that emphasizes good health, a clear mind and a kind heart.



Pranayama – The Art of Breathing

When the Breath wanders, the mind is unsteady, but when the Breath is still, so is the mind still."

- Hatha Yoga Pradipika

Breathing is life. It is one of our most vital functions and one of the Five Principles of Ashtanga Yoga: Pranayama or the observation of breath. Conscious and proper breathing increases oxygenation of the blood and consequently to our vital organs. The practice of Asana, or the physical aspect of yoga and a regular pranayama practice, are considered from a yogic perspective, the highest form of purification and self-discipline touching both mind and body.

Therapeutic WaterWork

This is an experiential body of work based on Sol's personal experiences in her Freediving training and the positive effects that she has observed in her own physiology and mindset.

Her main focus is deep relaxation and an observation of the fluctuations of the mind, emotions, limiting beliefs and the realization of an individual endless potential.

For her, a relaxed water session is comparable to a deep state of meditation. She uses breathing techniques and apnea exercises that supports this journey of self knowledge, in the nurturing element of water, where it is so much easier to let go and even to come deeper in touch with ourselves.

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AMORGOS



Magnificent Amorgos lies on the distant, southeastern arc of the Cyclades, shaped like a seahorse or a dragon swimming its way east towards the Dodecanese.

As we approach the island by sea, its long ridge of mountains appears to stretch ever skyward.

Amorgos is just 30km from tip to toe but reaches over 800m at its highest point.

The southeast coast is dramatically steep and boasts the extraordinary monastery of Hozoviotissa built into the base of a cliff. The opposite coast is just as spectacular, but softens a little at the narrow inlets where the main port and town of Katapola and the second port of Aegiali which will be our home during the retreat.

The magical maintown or Hora lies amid a rocky landscape high above Katapola. All three towns have plenty of appeal as a base to discover the other small villages up in the mountains and the endless attractions of the island: Amorgos is rich in archeology and outdoor activities for nature lovers such as walking, scuba and freediving, hiking and rock-climbing. The

locals welcome us with a smile or a witty joke and make us part of their everyday life.

THE HOTEL

Aegialis Hotel and Spa is a family run, first class hotel, where the key tone is relaxed comfort, warmth and flexibility. The service minded and professional crew has always made us feel at home in our past retreats and has been unbeatable in meeting our needs or wishes.

The rooms are classically decorated and comfortable, all with balconies overlooking the beautiful bay.

The Lalon Idor Spa is among the largest and best equipped wellness centers in the cyclades with an impressive outdoors Yoga Studio, the Namaste room, a fully equipped gym and several indoor spaces for movement classes, an indoor pool, jacuzzi, sauna and steam room.

The kitchen is of course traditional greek but has also international dishes and a succulent variety of vegetarian, vegan, gluten free and lactosefree options as the hotel is regularly hosting yoga and meditation retreats with specific dietary guidelines.



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“SOUL_BODY JOURNEY”

25th -31st March 2016

a retreat by DANCEHAUS_Milano

PROGRAM

Thursday 24 March 2016		Location
04.30 p.m.	Meeting point: Port of Athens (Pireo) Gate Blue Star Ferries	Pireo (Atene)

Friday 25 March 2016		Location
2.00 a.m.	Arrival at the Port Aegialis (Amorgos) and welcoming at Aegialis Hotel & SPA	Aegialis
10.00 - 11.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
11.00 a.m. - 12.30 p.m.	Gyrokinesis© (Selene)	Study Hall Aegialis
12.30 - 03.00 p.m.	Free time and personalized treatments	
03.00 - 04.30 p.m.	Water work (Sol)	Indoor pool (with seawater temperate)
04.30 - 05.30 p.m.	Free time SPA	SPA Aegialis
06.00 - 07.30 p.m.	Vinayasa Yoga (Sol)	Study Hall Aegialis
08.00 p.m.	Dinner  & meeting	Terrace Aegialis Hotel & Spa

Saturday 26 March 2016		Location
7.00 - 8.30 a.m.	Awakening the senses Gyrokinesis© (Selene)	Study Hall Aegialis
8.30 - 10.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
10.30 a.m. - 12.30 p.m.	Applications of principles (Anna)	Study Hall Aegialis
12.30 - 03.00 p.m.	Free time and personalized treatments	
03.00 - 04.30 p.m.	Vinayasa Yoga (Sol)	Study Hall Aegialis
05.00 - 06.30 p.m.	Water work (Sol)	Indoor pool (with seawater temperate)
07.30 p.m.	Dinner 	Terrace Aegialis Hotel & Spa

Sunday 27 March 2016		Location
7.00 - 8.30 a.m.	Qi Gong (Anna)	Study Hall Aegialis
8.30 - 10.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
10.30 a.m. - 12.30 p.m.	Gyrokinesis© (Selene)	Study Hall Aegialis
12.30 - 03.00 p.m.	Free time and personalized treatments	
03.00 - 04.30 p.m.	Vinayasa Yoga (Sol)	Study Hall Aegialis
05.00 - 06.30 p.m.	Water Work (Sol)	Indoor pool (with seawater temperate)
07.30 p.m.	Dinner 	Terrace Aegialis Hotel & Spa
09.00 p.m.	Musical evening	

Monday 28 March 2016		Location
7.00 - 8.30 a.m.	Qi Gong (Anna)	Study Hall Aegialis
8.30 - 10.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
10.00 a.m. - 04.00 p.m.	Visit to the Monastery of	Monastery of Hosoviotissa

	Hosoviotissa 	
04.30 - 06.30 p.m.	Applications of principles (Anna)	Study Hall Aegialis
07.30 p.m.	Dinner 	Terrace Aegialis Hotel & Spa
10.00 p.m.	Integrated evening practice	Study Hall Aegialis

Tuesday 29 March 2016	Activities	Location
8.00 - 9.30 a.m.	Pranayama (Sol)	Study Hall Aegialis
9.30 - 11.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
11.00 a.m. - 01.00 p.m.	Gyrokinesis© (Selene)	Study Hall Aegialis
01.00 - 03.00 p.m.	Free time and personalized treatments	
03.00 - 05.00 p.m.	Seminar about symbols (Anna)	Beach 
06.30 - 08.00 p.m.	Vinayasa Yoga (Sol)	Study Hall Aegialis
08.30 p.m.	Dinner 	Terrace Aegialis Hotel & Spa

Wednesday 30 March 2016	Activities	Location
7.00 - 8.30 a.m.	Awakening the senses Gyrokinesis© (Selene)	Study Hall Aegialis
8.30 - 10.00 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
10.30 a.m.	Departure to walk Tholaria-Lagada  + Herbalist seminar Vanghelis Vassalos	Tholaria + Lagada
07.30 p.m.	Dinner 	Terrace Aegialis Hotel & Spa
10.00 p.m.	Integrated evening practice	Study Hall Aegialis

Thursday 31 March 2016	Activities	Location
8.00 - 9.30 a.m.	Pranayama (Sol)	Study Hall Aegialis
9.30 - 10.30 a.m.	Breakfast 	Terrace Aegialis Hotel & Spa
11.00 a.m. - 12.30 p.m.	Integrated practice	Study Hall Aegialis
12.30 - 03.00 p.m.	Free time and personalized treatments	
03.30 - 05.30 p.m.	Seminar Sound and Body (Susanna Beltrami)	Study Hall Aegialis
05.30 - 07.30 p.m.	Free time and personalized treatments	
08.00 p.m.	Dinner 	Terrace Aegialis Hotel & Spa
09.30 p.m.	Closing party	

Friday 1 April 2016	Activities	Location
6.00 a.m.	Departure from Aegialis Hotel&SPA and ferry to Athens (Pireo)	
03.00 p.m.	Expected arrival Athens (Pireo)	

☞ We reserve the right of making some changes in the schedule of events.

At the moment we do not have the possibility to assist students financially or provide scholarships. Sorry for the inconvenience.

☞ We recommend booking early to avoid disappointment, as there are a limited number of places at SOUL_BODY JOURNEY.

Contacts: direzione@dancehaus.it or art@dancehaus.it