



present

Yoga&Dance Retreat “Soul_Body Journey” AMORGOS 2017 Ciclades/Greece

Spring's Awakening
April 14th – April 18th, 2017

Recharge yourself before winter
October 28th – November 1st, 2017

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 " Soul_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, Dance and **Qi Gong** are practices that come from ancient knowledge, connecting body, mind and heart, guiding us towards a process of self knowledge and evolution.

Every day a rich and inspiring training, theoretical insights, application of the principles, meditation and time devoted to comparison and discussion will be held. Teachers will be available for individual coaching sessions.

The Workshop will also allow to investigate rites, symbols and philosophical sources that inspire the work. There will also be the opportunity to discover the natural treasures of the island in the distillery Vangelis Vassalos and to experience the fusion of sound and body during the meetings with choreographer Susanna Beltrami.

There will also be time to relax in nature or in the Hotel Aegialis SPA, one of the best of Cyclades islands.

The structure, a 5-stars family-run hotel, offers comfort, warmth, flexibility and spacious rooms overlooking the beautiful Aegialis bay, as well as the *Namaste Room* where you can practice yoga watching the sea.

The cooking is of course the traditional Greek one, but it also hosts international dishes and a succulent variety of vegetarian, vegan, gluten free and lactose-free products, as the hotel is regularly hosting yoga and meditation retreats with specific dietary guidelines.

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



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THE DISCIPLINES

Yoga with Vittoria Frua De Angeli

Breath-Centered Vinyasa Yoga

Vinyasa Krama means step by step progression. Breath Centered Vinyasa is a harmonious practice of movements, exploratory gestures which progressively awaken the body, improve our mobility and stability so that these qualities can be embodied in the asana. In Breath-Centered Vinyasa the breath is the stabilizing force as well as what brings each pose to life, a movement in and of itself which helps us come into contact with and move in a way that is respectful of the body.

Students are encouraged to use the asana as a way to deepen their understanding and observe themselves, a practice of mindfulness in movement.

Somatic Yoga

Somatic Yoga is a rich area of exploration, a crossroads of multifaceted experiences. The 'objective' if it can be so termed, is to explore the gestures /asanas of yoga giving space to the body's innate intelligence so that its infinite possibilities can be liberated. This soft practice draws our attention inward and offers us an instrument to support the balance of body/mind by helping us to also release tension and stress. This practice invites us not 'to do' but instead to rest, observe, moving from doing to being.

Contemporary Dance with Susanna Beltrami

It was born as a style characterized by a break with the classical ballet but, at the same time, the approach is based on a technique which requires concentration and physical effort. It can be addressed also to the beginners because of the focus on the research of body dynamics, creative and expressive exploration, sensitivity enhancement, and listening to your own inner world and external one. Working on weight, on movement, on harmony, on physical effort and relaxing, on contact with peers, on emotions and images manifestation, on sound and nature, becomes an instrument of knowledge of what is outside and what is inside.

Qi Gong 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* 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. It 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 - reduces stress, build stamina, increases vitality and enhances the immune system. It has also been found to improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions.

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OUR TEACHERS

Vittoria Frua de Angeli

Ever since Vittoria was little, she enjoyed moving and exploring the world through her body: swimming, dancing, gymnastics and tree-climbing. In 1999 she attended her first yoga class and re-discovered that same childhood

feeling. Yoga served as a guideline: grounding her; bringing her back to center even the hectic years she worked as a lawyer in London. In 2009 she completed her teacher training (YTR200hr) with Shane-Christopher Perkins. As a teacher and practitioner, her studies with Rod Stryker, Leslie Kaminoff and Ateeka have shaped her practice as well as her life. In their own way each of these teachers encouraged Vittoria to find my own unique practice. It is a practice which is rooted in relaxation, individualized, breath-centered, and respectful of the body and its deep wisdom. In tandem with her yoga journey, Vittoria studied with her osteopath, naturopath, acupuncturist and mentor, Craig Coman. His teachings, along with those of Barbara Wren (with whom she completed a 2-year diploma in natural nutrition in 2009), of a truly holistic vision of

body/mind/spirit, are the still-point around which all else is organized and integrated.



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 she 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 she directs **Accademia Susanna Beltrami**, path of excellence for the training of dancing, and the core foundation of the future "DANCEHAUS", opened in 2009.

Anna Bortoloso

Anna studies **dance** since 1984 and she works as a professional dancer and creator since 2001. In 2003 she starts the practice of **Tai Chi** and **Qi Qong** with 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 meets **Yoga** thanks to Claudio Conte in Milan.



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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 it 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 downtown of 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.

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

- an interaction with Acupuncturist 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 permeated by the perfumes of wild sage, oregano and thyme, always admiring the eternal blue of the Aegean Sea;
- 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 the wildlife can be arranged upon request.

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