

Relaxation and Movement  
Holiday with Biodanza & Tamalpa Life/Art Process  
BalFolk & Nature/Incense-Rituals



**Alpe Pianello in the mountains above Lake Maggiore, in Italy**  
Saturday, 20 July to Saturday, 27 July 2023



move, dance, meet, hike, bathe, smoke, immerse  
yourself in the magic of nature

time for yourself, time in community,  
time in nature

We dance and experience the abundance and joy of the summer. We connect to the rhythm of nature. We get in touch with ourselves and others, experience community, enjoy heart encounters.



## Program:

We begin Saturday evening after dinner with movement and a gathering.

Every morning and evening there will be a movement unit and or an incense and nature ritual. On excursion days (to the lake and small hikes), the program is adjusted accordingly, so that vacation and relaxation are not neglected.



## Movement and Dance:

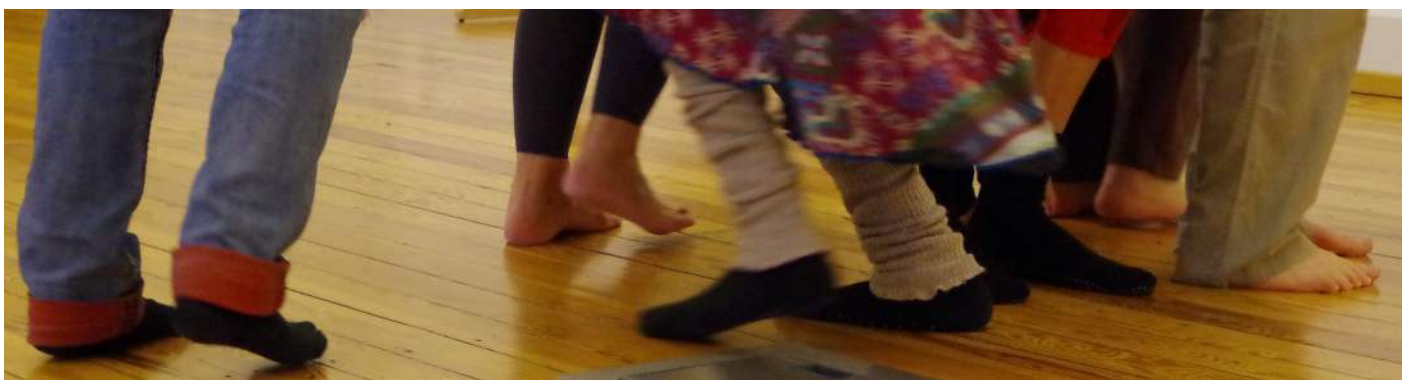
**Biodanza** means DANCE OF LIFE – (greek *bios* „Life“, span. *danza* „Dance“). Biodanza is a holistic system of dance, music, movement and mindful group encounters. Aesthetic value or step sequences are irrelevant. Biodanza is an invitation to experience vitality, sensuality, joy of life and creativity. Deep connection with life and the community develops. The positive effect on body, soul and spirit has now been scientifically proven (Uni Leipzig).

The **Tamalpa Life/Art Process®** offers the opportunity and the framework to get in touch with oneself, nature and collective issues. This happens through movement, dance, creative painting and writing. The creative process leads to a deeper understanding of the nature of our personal and collective being, promoting transformation and development at all levels.

The **MovementRitual** developed by Anna Halprin consists of a sequence of systematic and structured movements to explore the basic principles and the development process of human body movements.

**BalFolk** - traditional dances from the lively dance culture of Western Europe in a circle, in a longway, in a chain and in pairs. Shared rhythm, different figures and formations in space as well as changing of partners naturally create joy of life and a sense of community.

**Incense rituals** with dried herbs have a long shamanic tradition. The smoke serves as a mediator between the spiritual and physical world. Purification, protection, blessing, healing and vision finding are possible. Consciously perceive, feel and experience nature with all senses.



**Venue:** PIANELLO ALPE, Via Alpe Pianello, 1, 21010 Dumenza, Italien

**Blog:** <https://ecovillaggioap.blogspot.com>

**Location:** Alpe Pianello is located on the slopes of Monte Lema at an altitude of 940 m. It is embedded in a forest of oak, chestnut, beech, birch and coniferous trees with a breathtaking view of Lake Maggiore, well suited as a starting point for beautiful walks.

**Meals:** Healthy products, preferably regional and organic, are used for the meals, the food is vegetarian and tends to be vegan. The water comes from its own spring.

**Accommodation:** There are double and three-bed rooms and two dormitories. Two rooms have their own bathroom (extra charge). There are shared bathrooms and showers for all rooms. On the site there is space for mobile homes and tents.

**Course fee:** until March 15<sup>th</sup>: 390,- euros **early bird discount**

until June 15<sup>th</sup>: 430,- euros

from June 16<sup>th</sup>: 460,- euros

Kids up to 6 years: free, 6-16 years: according to individual Agreement

plus **accommodation** (incl. full board)(inkl. 30,- Euro Vollpension pro Tag)

in a double room: 420,- euros

in a three-bed room: 385,- euros

in a dormitory: 350,- euros

or tent/mobile home: 315,- euros

Kids up to 6 years: free, 6-16 years: 50%

**Arrival** on Saturday, July 20th by 6 p.m. (dinner), after dinner a first movement and getting to know unit begins.

**Car:** Networking with other participants can be established to form carpools.

**Train/Bus:** Pick-up from Luino train station (Italy) can be organised.



### **Petra Adam**

Diplom in educational science  
Naturopath – herbal medicine  
Certified Biodanza Teacher  
Nature and incense rituals  
Hypnotherapy  
[petra.rita.adam@web.de](mailto:petra.rita.adam@web.de)



### **Isolde Grenzdörffer**

Diplom Psychologist  
Tamalpa Life/Art Practitioner  
New Dance training with Keriak  
Dance Teacher  
Praesepean Session Work Practitioner  
Bereginja Yoga Lada (Instructor)  
[isolde.grenzdoerffer@hj-mayer.de](mailto:isolde.grenzdoerffer@hj-mayer.de)