

DANCES for ENERGY and REGENERATION

2 - 6 August 2020
YVONAND
Switzerland
(one hour from Geneva)



**"Dancing is above all to communicate, unite, join and speak
to another at the core of its being..." M. Béjart**

Course content

- Learn circle dances to unlock energy centers on a group level and harmonize mind, body and spirit with the whole of Creation.
- Experiment different healing modalities (Bach flower remedies, Jin Shin Jyutsu® self help & Shutaïdo)
- Depending on enrolments, the course will be in French & English, Martine understands Italian and German.

Includes:

- 5-6 hours of activities each day
- One meal per day and tea breaks
- Course material + 1 CD,
- Help with accommodation and transport
- Suggestions for activities in the rich area for tourism, be it nature reserves, historical discoveries or lakeside sports.

Investment

- CHF 390. including tea breaks and one meal per day

Accommodation: Choose a nearby hotel, B&B or campsite in the area

www.camping-yvonand.com www.yvonand-tourisme.ch

More information and details on www.martinewinnington.com (holidays-information)

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