

## **DANCE - FIGHT - GROW**

### **Info & Organization**

#### **The Seminar 08<sup>th</sup>-16<sup>th</sup> August:**

Daily training in contemporary dance, contact improv, stickfighting and the martial arts.

This will be a time full of exchange & intensity.

We will work with improvisation, technique training, composition, bodywork, power, momentum, awareness, emotions, intimacy, stillness, perception in order to evolve and expand.

We will work 4 - 6 hours a day. The intensity and the amount of training highly depend on the process of the group, will rise and fall at times.

It will always be possible to decide your own workload.

The classes will mainly happen during mornings and afternoons.

There will be plenty of time to chill, rest, swim and hang out together as well.

Arriving time: afternoon 7<sup>th</sup> August, departure: morning 17<sup>th</sup> August

#### **The Location and house:**

The dance studio „Arlequí“ is part of an old farmhouse (the „Mas Llapart“), that was built in the 17<sup>th</sup> century. It is a very magical space, situated in the North East of Spain. It lies in between fields, meadows, and forests about 3km outside the town of Banyoles.

There is a lake nearby which can be used for swimming and the Mediterranean Sea is about 40 minutes away by car.

We will train, dance and move in the studio and in the magic locations in nature as well.

#### **The Address:**

Arlequí - Mas Llapart

Barri Sant Maurici

E-17840 Camos / Girona

T. (+34) 972 57 52 70

More Info and pictures of the house can be found here: [www.arlequi.de](http://www.arlequi.de)

#### **Food & Meals:**

A cook will provide us with delicious food during the course (NOT on the free day).

To help her we will have daily changing kitchen-teams formed by the participants.

The kitchen is well equipped and can be used by everyone.

#### **Accommodation:**

The comfort of the Arlequí is simple and meant for people willing to adjust to these living conditions. There are 4 showers, 4 toilets and several sinks in 3 bathrooms.

There are about 25 places to sleep, divided in 6 rooms, with old catalan beds and the attic under the roof, which is open to the south.

The attic is used as a dormitory for the group.

From up there you have a great view of the landscapes and the stars at night.

If you would like to sleep in the attic, please bring a duvet cover and sleeping bag. Mattresses are already here.

The several rooms are built for 2 persons each and bedding (sheets & cover) is provided.

If you want to book one of the rooms, please note that on the application.

If you book one of the rooms, it will cost 75€ extra for the whole time.

**Cost:** 850 €

Early bird Price until March 1<sup>st</sup>: 780 €

**Food & Cook:** 18 € per day

### **Prerequisites:**

This seminar is suitable for everyone with good health in body and mind.

To participate in this intensive, it is required that you have taken part in 2-3 weekend seminars of Pia André.

### **How to get there:**

About 3 weeks before the event, we will send out a list of participants.

Via this list, you can connect with others for a joint arrival and plan your journey.

#### **By bus/train to Girona:**

From Girona Busses leave every hour to Banyoles.

The bus station lies directly behind the train station.

In Banyoles take a Taxi to the Arlequí (about 8, - Euro).

#### **By airplane:**

From Airport Girona:

Take the bus to Girona train station, from there take the bus to Banyoles.

From airport Barcelona:

Take the train to „Estacion Sants“, then the train to Girona,

from there the bus to Banyoles.

### **What to bring:**

- loose, comfortable clothing and shoes for training and free time
- long trousers for dance training
- plenty of shirts
- everything you need for being in the sun (sunscreen, hat, etc.)
- at least one pair of Rattan sticks (70 cm long)
- 1 personal drinking bottle
- swimming suit, towels
- sleeping bed, duvet cover, maybe a cushion for the attic, towels
- musical instruments, games, slacklines etc. for your free times are welcome
- anything else you need

## **Application for**

### **DANCE – FIGHT - GROW**

**Spain - Summer - Retreat 2019**

**Contemporary Dance, Contact Improvisation, Stick Fighting & Martial Arts**

08<sup>th</sup> - 16th August 2019

Arrival: 7<sup>th</sup> AUG in the afternoon

Departure: 17<sup>th</sup> AUG in the morning

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal code & city: \_\_\_\_\_

Country: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodation (please choose):

Attic

Room (+ 75 €)

#### **Terms of registration:**

To register I will pay a deposit of 450 € on the full course fee now, the rest not later than 4 weeks prior to the event.

This application is only valid with the deposit.

If you deregister after the 1<sup>st</sup> March 2019 we will keep your deposit.

#### **Disclaimer:**

No liability will be accepted for damages to property or health.

Participation at this event and residence at the Arlequí will be on your own risk.

The Participant is hereby informed that the Organizer reserves the right to display images and video and audio recordings on which the Participant can be seen and / or heard for public promotional purposes such as for example Internet, press or flyer to use.

I have read and hereby accept the terms of registration and participation

\_\_\_\_\_  
Date, Signature

#### **Please sign and send via mail/fax or scan to:**

Pia André

Am Herrengarten 3

D-79224 Umkirch-Germany

info@pia-andre.com

FAX: 0049 7665 9739 761

#### **Money transfers to the following bank account:**

Pia André

IBAN DE89 6805 0101 0002 1130 43

BIC: FRSPDE66XXX

Institute: Sparkasse Freiburg nördl. Breisgau