

SUMMER RETREAT IN SICILY ANTIGRAVITY/YOGA/FELDENKRAIS/DANCE LABORATORY

Fuel up your energy and improve your wellbeing before the arrival of autumn!



Ph. Antonio Argentieri

13-17 September 2023

4 nights

Yoga, antigravity, feldenkrais, dance workshop every day

Possibility to practice water sports (surf, sup, kyte)

Available time for excursions in the surroundings

For the first time this year we open ourselves to welcome a group in one of the most suggestive spots of Sicily. The retreat is for those who wish to recharge themselves before the autumn season, taking advantage of the mild and pleasant climate in the Sicilian september and to regenerate in the last summertime, practicing in the open air by the seaside in a very special stretch of coastline, characterised by the typical Mediterranean vegetation, wild and long sandy beaches and extremely suggestive sunrises and sunsets.

We will be hosted by Permacultural Hostel Vela Vega, a 400sqm house with a big permacultural garden, 2 tiny private apartments, private rooms with shared bathroom and kitchen, 2 wide terraces –in one we will offer the practices, in the other you will admire the coast and its blue sea. The house is set within a natural and wild area, on the banks of the Mediterranean, among the golden dunes of Marina di Butera beachside, between Gela and Licata.

The main idea in our retreat is to come into contact with oneself and to create a deep connection mind-body immersed surrounded by the quiet and enveloping nature, in a context of simplicity and state of mind.

THE PRACTICES

Antigravity yoga

A suspended training form unifying the benefits of **yoga, pilates, dance, fitness**.

The exercises are performed suspended from the ground, by the use of special hammocks, defying the force of gravity and feeling the benefits of **inversions**, both physically and mentally. Antigravity yoga aims to improve **flexibility, balance** and **mobility**. You work to stretch very deeply the spine, **tonify** and **strengthen the muscles**, stimulate hormones and **blood circulation**, train the mind to manage fear by gaining self-confidence, reduce stress and anxiety.

Some moments will be dedicated to **yoga** practice, through different asana of warming up, breathing and relaxation.



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Dance Laboratory

A research space in **dance movement** in which versatility and body unicity of each participant is encouraged. The core of the Laboratory is dedicated to elements of **guided improvisation**, giving wide space to **freedom of movements**, power of expression and interpretive skills. The main themes of the dances will be linked to the natural environment of the place which will host us, that will offer us ideas, inspiration and absolutely original dynamics of movement.

Every laboratory session will be introduced by a short **Feldenkrais Awareness through movement®** class to enter a profound dimension of **listening**.

Cost for 4 days full workshop: 180 euros



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ABOUT US

Simona Argentieri, performer, dance teacher and Feldenkrais Practitioner, graduated from the International Training for Teachers of the Feldenkrais Method® Palermo1. As a dancer she has studied and worked in Italy and in the international centers Limón Dance School and Movement Research (New York), Institut del Teatre (Barcelona) and Ménagerie de verre (Paris), integrating in her training different disciplines: contemporary dance, ballet, southern Italy folk dances, flamenco, Alexander Method, vocal expression. In 2005 at Teatès school of drama, she graduated as actress and later she had more trainings and work experiences in the school of Teatro Biondo, in Palermo. She has a Bachelor's degree in Modern and Post Colonial Literatures (Alma Mater Studiorum, University of Bologna) with a dissertation on Performative Bodies. Since 2012 she has been responsible for Dance area in the Babel crew professional company, sustained by MIBACT and with the same company she has been part of the Direction Team for Mercurio, multidisciplinary arts Festival, in Sicily (1st edition September 2019).

Simona Salerno, graduated in Clinical and Community Psychology and in Performing Arts (DAMS), she has a degree in Dance Movement Therapy by Italian Institut Art Therapy. She is passionate about photography and she is active with different photo exhibitions in Italy and Europe. She is also Antigravity® Yoga instructor. She is engaged with artistic and psychological studies and researches on non verbal communication, on creative process and on externalization of the Self for a deep understanding of the Human Being and its inclinations. She is actually studying in the Hata Yoga training at the Hamsa school.

Please contact us to receive the detailed program of the summer retreat and for any information about costs and logistics!

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