

RENEW YOURSELF AT THE THERMAL BATHS IN ISCHIA

Ischia Island Spring/Summer 2023
with Cristina Dal Zio

MOVEMENT AWARENESS DIALOGUE
WELLNESS REGENERATION
NATURE JOY

Accademia Europea di Euritmia Venezia
in collaboration with Associazione Spacial Dynamics® Italia



MOVEMENT AWARENESS DIALOGUE WELLNESS REGENERATION NATURE JOY

in the wonderful Agriturismo hotel *Il Giardino del Nonno*, an oasis of peace and tranquility in S. Angelo, a fishing village on the volcanic island of Ischia in the Gulf of Naples. Our seminar offers an opportunity to regenerate and find renewed strength. The volcanic island of Ischia makes an ideal retreat, a place to reinvigorate and renew oneself in these difficult times.

MOVEMENT

Movement is life. The potential for regeneration, self-healing and well-being lies in us all. This potential can be drawn upon and activated through health-giving movement. Simple exercises and movement techniques, performed individually or in pairs, will increase our awareness of the various parts of the body, revitalizing them, making them feel light and more our own. Together we will experience how, as we move within the space around us, following and discovering its dynamics and directions, we will feel more structured, solid, safe and in touch with ourselves and our surroundings. Moments of collective movement, accompanied by music, singing, or the recitation of short poems, will give us the opportunity to experience the joy of creating something together, to feel both supported and free.

NATURE WELLNESS DIALOGUE

The seminar will feature walks, moments of quiet and observation, immersed in the wonderful nature of the island.

We will awaken and reharmonise our senses with exercises, movement and regeneration practices in thermal water.

In the evenings, there will be the opportunity to come together for meditative moments, generative listening and dialogue with the help of Otto Scharmer's U-theory and to find new ways of relating to those around us.

*"I have never felt so regenerated,
both physically and mentally,
in such a short time".*





THE PLACE OF THE SEMINAR

The Agriturismo Hotel *Il Giardino del Nonno* is situated in an idyllic spot between the mountains and the sea. It is not far from the village S. Angelo and just a 5-minute walk from the beach Le Fumarole, famed for its fumaroles. The rooms are located in small buildings within a fabulous terraced garden – a perfect place to relax.

Two outdoor thermal pools with sea views, a thermal grotto and a natural sauna will more than satisfy our need for warmth and exercise.

CRISTINA DAL ZIO

Teacher and lecturer in Eurythmy, Spacial Dynamics® and Bothmer Gymnastik®, choreographer, dancer, has been sharing the art of movement with people of all ages in various countries of the world with joy and passion for thirty years.

Her long experience in this field has convinced her that moving in a meaningful and natural way with others is a great source of health, joy and freedom. With the various movement disciplines she draws on, her desire is to offer people tools to deal with the situations they will encounter on their life's journey, enabling them to live with awareness and to the best of their ability.

Cristina Dal Zio



DATES

30 April – 7 May 2023 (full week)

4 – 7 May 2023 (weekend)

Registration deadline 1 March 2023 for the course in May

31 August – 6 September 2023 (full week)

1 – 4 September 2023 (weekend)

Registration deadline 1 May 2023 for the course in September

COSTS

• Course fee 30 April – 7 May or 31 August – 6 September

€ 300 per person for each course

Bringing a friend Course fee:

30 April – 7 May or 31 August – 6 September

€ 400 for two people for each course

• Course fee 4 – 7 May or 31 August – 6 September

€ 200 per person for each course

Bringing a friend Course fee 4 – 7 May or 1 – 4 September

€ 300 for two people for each course

- Overnight stay with half board in double room, including access to the thermal pools per person, from € 85 to € 130 per day
- Single room supplement € 25 per day
- Transfer from the airport or train station (Naples), one way € 55–€110
- On request, individual movement lessons (Eurythmy, Spacial Dynamics®, Bothmer Gymnastics®) are available for a fee
- Deposit to be paid directly to the hotel, after you signed in for the course

The course requires a minimum of 6 participants.

YOU CAN REQUEST THE SEMINAR PROGRAMME FROM US.

Information and registration

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