

MEDITATION DES TANZES

Meditation of the Dance aims at that stepping into silence which facilitates a gradual increase in composure of the spirit and calming of the thoughts.

„Dance is disengagement, is freed movement, it is wakeful aliveness. The one who dances attunes himself to the rhythm and becomes alive with the music.“ Jörg Zink

It is intrinsic to the dancer to take a holistic approach to things. In dancing, the human as a sensual spiritual being, can express an immediate and spontaneous joy of life, and, without words, articulate all inner movements of the soul. Dance can also be prayer, yet not only in the quiet steps of the andante, but also in the joyful leaps of the allegro vivo. With Meditation of the Dance, a dance form was created which encompasses wisdom, beauty, and a third quality: mindful togetherness. Meditation of the Dance – as a living answer to the quest for meaning – can become a path of self-discovery.

SACRED DANCE

For centuries dance and religion – at least in the Christian tradition – seemed to be incompatible. Yet what would art be, what would it be announcing to us if not quite simply our *connection with the Most High, the Divine.

MÉDITATION EN CROIX

Classical dance training

From its very alignment and orientation, classical dance is a meditation in the form of the cross. From the study of the positions we learn about the law of harmony which the Greeks sought and found. Thus training the body becomes a means of training the spirit.

Date 2017 4th to 7th May

Date 2018 25th to 28th October

Date 2019 2nd to 5th May

Teachers: *Friedel Kloke-Eibl, Saskia Kloke*

The Aim

Dances and Choreographies by Friedel Kloke-Eibl, Saskia Kloke and Bernhard Wosien to classical, religious and folk music will be learned and are the subject of indepth study and also circle and round dances from various folk traditions. Using simple exercises from classical ballet (méditation en croix) and other sources, we try to promote awareness of body and space. There will be an introduction to the symbolic content of the dances, which will be grouped thematically (e.g. meditation and prayer / symbolism of the spiritual path, etc.).

1st session in 2017:

4 elements / 4 temperaments / 4 seasons / Cross and Circle - Numerology

2nd session in 2018:

Dance and Prayer / The Our Father / paths of initiation - Labyrinth

3rd session in 2019:

Misa Latino Americana

Participants will receive a diploma on completion of the 3 years.

Venue: Mount St. Joseph's Abbey, Roscrea Co..Tipperary

Workshop Fee

A- rate € 220,00

B-rate € 180,00 (for people with low income)

Your place will be reserved on receipt of the workshop fee and you will receive confirmation of your booking Accommodation

Accommodation & Meals for 2018

Accommodation and board has to be paid on site. € 210,00

Booking Form and full amount to be sent to:

Carmel Lowther – 11 Drynam Court, Swords Co Dublin

murlowl@gmail.com

Bank account:

A/C no. 13121622

IBAN: IE65 IPBS 9906 6113 1216 22

Closing date: 15th January 2017

In the case of **cancellation** up to 4 weeks before the course the sum of € 50,00 will be retained to cover administrative expenses.

In the case of later cancellation no refund will be made.

Booking Form

for 3-years Intensive training

Name

Address

Phone No.

E-mail

Room request

single room

double room, shared with:

Dietary Requirements

Vegetarian diet

yes no

Other special needs

Date

Signature

Please send the booking form to

Carmel Lowther

11 Drynam Court, Swords

Co Dublin

murlowl@gmail.com

