

Women's Dance & Culture Holiday with Laura Shannon in Taroudant, Southern Morocco, 3-15 October, 2019 with three days in the Anti-Atlas Mountains

This unique holiday features traditional women's ritual dances from the Balkans & Armenia, plus Berber women's dance, live Greek and Moroccan music, cultural activities and a three-night stay in the stunningly beautiful Anti-Atlas Mountains.



Traditional women's ritual dances are among the oldest circle dances, handed down through many generations of women. Simple yet profound, they help us reconnect with ourselves, each other, and the sacredness of the natural world. We will focus on local women's cultural traditions with a lesson in Berber women's dance, and learn about the little-known North African roots of the great Greek Goddess Athena.



Taroudant is an ancient walled market town in the fertile Souss Valley, between the High Atlas and the Anti-Atlas mountains. La Maison Anglaise is an award-winning eco-guest house with beautiful traditional rooms, a roof terrace with lovely views, delicious fresh traditional food (vegetarian, with options for meat or fish) and kind, knowledgeable Moroccan staff.



Our tour includes authentic cultural experiences such as visits to the hammam and souk, excursions to traditional villages, walks and dancing in places of natural beauty, and 3 nights in the mountains. In our free time we can enjoy the sun, explore alone, relax, or sign up for optional cooking lessons, traditional henna tattoos, or massage.



Early booking is advised. Course language is English. This seminar is suitable for women with circle dance experience who have danced with Laura before. Live music for dancing will be provided by Kostantis Kourmadias from Greece.

More information at www.holidays-with-heart.co.uk.





Cost per person in a double or twin room for 12 nights: £1079. This price includes accommodation in twin /double rooms; 10 lunches, including one at the Claudio Bravo Palace; 9 vegetarian dinners (meat or fish may be ordered for a small supplement); 3 meat, fish or vegetarian dinners on the tour to the Anti-Atlas; 20 hours of dancing with Laura; live music with Kostantis; an informal lesson in Berber and Arabic women's dance styles with local dancers; 3 evenings of live music with Moroccan Ahwash, Berber and Sufi women's bands; two excursions from Taroudant; visit to the hammam; horse-drawn carriage tour of Taroudant; guided visit to the souk; a 3 night/4 day tour to the Anti-Atlas mountains with the support of La Maison Anglaise staff and a visit to la Maison Traditionelle Berbere in Tafraoute. The price includes transfer to and from Agadir airport only for designated flights. The price does NOT include air fare, 2 lunches, tips (an important part of Moroccan culture), any unforeseen increase in tourist tax, or any optional additional activities you arrange individually or we decide to do as a group. Participants will be asked to dress appropriately. *Please be aware, our programme depends on local conditions & is subject to change.*

Travel is normally with Easyjet from London Gatwick to Agadir (around £100 return if you book well in advance). Some German airlines fly direct to Agadir as well. The holiday begins on Thursday 3 October and ends on Tuesday 15 October. Daytime temperatures should be around 25 C, but can be much cooler in the evenings. Rain is also a possibility. Detailed information will be sent upon booking. You **MUST** take out your own comprehensive travel & cancellation insurance. To book, first contact laura@laurashannon.net. More info at www.holidays-with-heart.co.uk.



Laura Shannon is one of the 'grandmothers' of the Sacred/Circle Dance movement, with over 30 years of experience researching and teaching traditional dances. Her approach to traditional dance brings a spiritual focus and illuminates ancient symbols encoded in the dance steps, such as the sun, spiral, zigzag, Tree of Life and the hidden Goddess. In Morocco these patterns are everywhere: in henna designs, embroideries, carpets, and the ancient culture of the Berber people, as well as in the dances. Kostantis Kourmadias, Laura's husband, often accompanies her seminars with exquisite and sensitive traditional music of Greece, Armenia and the Balkans. More information about Laura & Kostantis is at www.laurashannon.net

Photos: Laura Shannon, Liz Hammer, Jane Bayley & friends

