

Laura Shannon



La Maison Anglaise
Holidays with Heart

LAURA SHANNON is known worldwide for her pioneering approach to traditional women's dances as tools for healing and transformation. Traditional Greek, Balkan and Armenian dances embody an ancient worldview of sustainability, community, and reverence for the earth. Blending folk dance, circle dance and dance/movement therapy, Laura's teaching seeks to rekindle this awareness and to rediscover the hidden wisdom encoded in the dances. With more than 30 years of experience researching and teaching, Laura is considered to be one of the 'grandmothers' of the circle dance movement, and brings her inspiring workshops, performances and trainings to over twenty countries.

Laura's caring, innovative approach to traditional dance bridges the authenticity of the folk-dance world with the spiritual intention of the circle dance world. She sees the dances both as a nonverbal language and as a form of spiritual practice, passed down from our ancestors in the human family.



Traditional ritual dances also channel and magnify a physical experience of positive energy, akin to the chi we can experience in body-based movement practices such as t'ai chi or qi gong. In traditional dance, just as in those practices, this awakened flow of energy or life force helps to support healing and transformation on all levels.

In 2018 Laura was chosen to become one of six honorary members of The Sacred Dance Guild, in recognition of her lifelong work representing dance as an expression of the sacred.



Holidays with Heart at our award-winning, sustainably-run traditional Moroccan Guest House in Taroudant www.Holidays-With-Heart.co.uk

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