

Women's Dance & Culture Holiday with Laura Shannon in Taroudant, Southern Morocco, 18-28 April & 28 April - 9 May, 2020 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 music, cultural activities and a three-night stay in the 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 natural world. Our focus is on local women's traditions with a lesson in Berber women's dance, and the North African roots of the Goddess Athena and connections to Greek circle dance.

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 rooms, 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 villages, walks and dancing in places of natural beauty, and 3 nights in the mountains.



In our free time we can enjoy the sun and pool, 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. There is the possibility that my husband Kostantis will join us in the first group to accompany our dancing with live music in a sensitive and supportive way.



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





Cost per person for 10 nights (April 18-28 2020): 12960 Moroccan dirhams (about \$1799 CAD).
 Cost per person for 11 nights (Apr. 28-May 9 2020): 13800 Moroccan dirhams (about \$1915 CAD).
This price includes accommodation with half board in twin rooms; 7 lunches; 20 hours of dancing with Laura; a Berber/Arabic dance lesson with local women; 2 or 3 sessions of live music with Ahwash, Berber and/or Sufi women's bands; two excursions from Taroudant; hammam visit; horse-drawn carriage tour of Taroudant; guided visit to the souk, and 3 night/4 day tour to the Anti-Atlas mountains. Dinners in Taroudant are vegetarian (meat or fish may be ordered for a small supplement). There are 3 single rooms available for a supplement of MAD 2500/2815 (about CAD \$347/\$391). *NB: prices in Canadian dollars are approximate.*
The price does NOT include: air fare, travel insurance (essential), airport transfers, remaining lunches, tips (an important part of Moroccan culture), any increase in tourist tax between March 2019 and April 2020, or any optional additional activities you wish to arrange individually or we decide to do as a group. Transfers to/from Agadir airport cost 150 MAD / about CAD \$21 per person each way if everyone arrives on the same flight; if people arrive at different times, taxis cost 600 MAD / about CAD \$84 shared among up to 3 persons. Book your flight to Agadir airport, not Marrakesh. Easyjet flies from London Gatwick to Agadir. Daytime temperatures should be around 25 C, but cooler in the evenings. Rain is also a possibility. Detailed information will be sent upon booking, or visit www.holidays-with-heart.co.uk
To book: first contact Laura laura@laurashannon.net, and then book via www.holidays-with-heart.co.uk. Please confirm your booking now with a deposit of 3000 MAD via transferwise.com. A further instalment (5960 MAD for trip 1, 6800 MAD for trip 2) is due by November 28, 2019. The final sum (4000 MAD) is payable in cash on arrival. Participants will be asked to dress appropriately and to refrain from photography on occasions when it might offend local sensibilities. *Please be aware, our programme is subject to change.*



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 ancient Goddess. In Morocco these patterns are everywhere: in Berber henna designs, embroideries, carpets, and dances. More information at www.laurashannon.net



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

