

STILLNESS EMOTIONS EXPRESSION

The healing power of the energy-body

LESVOS ISLAND, GREECE
22 to 27 JUNE 2024

*' Start walking... your legs will get heavy
and tired. Then comes a moment
of feeling the wings you've grown
lifting.' -Rumi*



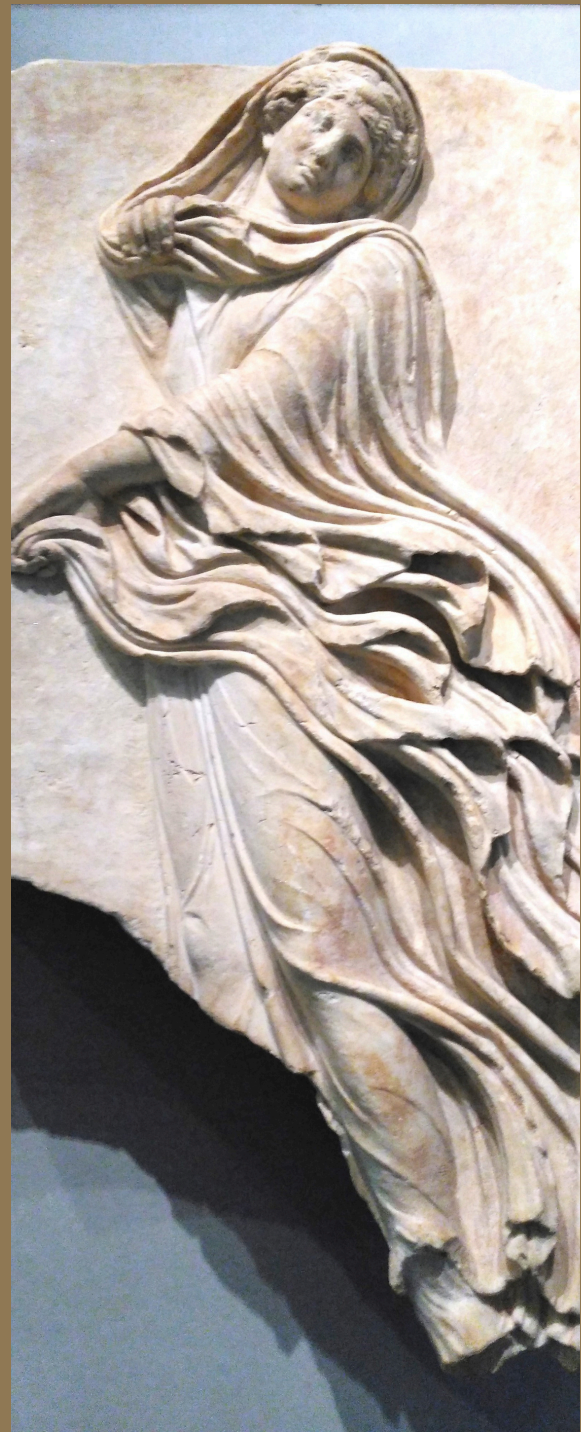
In this retreat we will explore how to work with the healing power of the energy-body surrounding our physical body which is the key to our physical health, how we deal with emotions and how we express our soul potential in the world.

Helen will share shamanic healing techniques to clear the energy-body of imprints from past traumas and toxic emotions and to strengthen and fine tune it as a healing instrument. Piero will introduce each day with an exploration of the Feldenkrais method focusing on the subtle perceptions of the energy-body in movement awareness.

In our healing work we will discover how through the energy-body we can track back to the roots of our emotions and moods. We will observe and release the habitual patterns of tension in mind and physical body which bind us to time, such as worrying, comparing, judging, focusing on the past or future. Through embodying our energy-body wisdom we re-collect our wholeness back into the present.

We will work with stillness, spontaneous movement, creative expression, voice, chakra healing and other methods to anchor our energy-body awareness as vitality, clarity and self confidence in our everyday selves.

On the way we dissolve the habit of insecurity. The mind interprets insecurity as a signal that something is wrong but actually it is a call for our consciousness to be more awake and aware, a call to freedom. Holding this process in energy-body awareness allows us to step out of conditioned patterns. It provides the much needed energy for new adventures: like wings. Discovering how to create a dynamic alliance with insecurity without the debilitating thoughts that usually go with it is like suddenly realizing the burden on your back is the power of flight. The soul potential we are carrying is set free.



This retreat brings together Peruvian shamanic techniques from Alberto Villoldo and the Light Body School with the work of Manuel Schoch, modern mystic and healer and creator of 'Time Therapy' plus Feldenkrais techniques for energy-body embodiment.

COST: €490 (includes stay in double rooms, meals, classes), single rooms available with a supplement

bianciardipiero@gmail.com, info@temenostheatre.com

+39 3335263343, +447957391507

Helen Fost

Helen Fost M.A. (Oxon.) D.F. Astrol. S. is an astrologer, therapist, shamanic practitioner and performer. She received her diploma from the Faculty of Astrological studies in 1999 and is a Fellow of the Association of Professional Astrologers International. She trained in meditation and healing for 20 years with modern mystic and healer Manuel Schoch until he passed over in 2008.

Her work brings together the mystic path of Manuel's teachings on stillness and energybody healing with contemporary shamanic practices.

In 2004 she graduated from the Healing the Light Body School in the US after training with contemporary shaman Alberto Villoldo and the Four Winds Society, working with Peruvian shamans in the Andes and the Amazon. Helen also trained in NLP, life coaching, hypnotherapy, Time Therapy and Process Work and she works with individual clients and groups in Athens and in the UK.

In 2005 she created TemenosTheatre as an experiment in contemporary shamanic performance, writing and performing at the Edinburgh Fringe Festival, in Naples and at the Avignon Festival also teaching workshops on shamanic techniques for actors. She has taught actors in Los Angeles, London and at the international festival of the Theatre of Changes in Athens. Her goal is to expand the potential of the actor to embody the skills of the shaman.

'Helen's work investigates ways of expanding human potential for alternate modes of accessing reality in order to merge the extraordinary with the pragmatic needs of theater. She restores a power to the actor that is both ancient and futuristic'. (Michael Morgan, professor of theatre at the University of California Santa Barbara, author of 'Constructing the Holistic Actor')



Piero Bianciardi – FELDENKRAIS TEACHER

Piero attended medical school in Siena for five years, dedicating himself at the same time to Yoga, in particular Hatha Yoga and Viniyoga, Taijiquan and Shaolin Chuan under the guidance of M° Chang Dsu Yao and Shiatsu with Clemente Cocchiola and acupuncture with Prof. Guyen Vanghi in Florence.

He studied contemporary dance with maestro Dominique Dupuis, contact dance and Gurdjeff's movements and Sacred Dances with Shurta. He obtains the 1st dan of Taiji Quan and shaolin chuan with master Chang Dsu Yao and the Yoga teacher diploma at the EFOA School in Rome with Françoise Berlette and his certification as Shiatsu practitioner.

He obtained the "motor activities practitioner" qualification diploma at the school of medicine at the University of Siena and the qualification as a Feldenkrais practitioner at Feldenkrais Method-Florence, for many years he taught Yoga and Feldenkrais in Siena and in the Chianti area developing his own Yoga methods: Feldenyoga and Feldenwater.

He practiced and studied Dong Style Taiji Quan with master Alex Dong and Aikido at the Renwakai School with M° Massimiliano Perini and M° Alain Tendron to the degree of 2' dan. He dances Tango and studies it with various teachers including Chicho Frumbuli and Pablo Moyano. He obtained the Systemic Family Constellator diploma at Bert and Marie Sophie Hellinger's School. He teaches as an assistant trainer of the Feldenkrais Method in Siena and Florence and as a teacher in various training courses in Italy and around the world.



MEDITERRANEAN RETREATS CENTRE

The building, originally a traditional Greek tavern and a small hotel, has been recently renovated and transformed into a yoga centre with a focus on energetic and healing practices. The building, which faces the Kalloni Gulf, is located a few meter away from the sea and is completely isolated and immersed in nature. This area is a heaven for all birdwatching enthusiasts who, especially in spring, come to the island from all over the world to admire pink flamingos, black and white storks, peregrine falcons and many other migratory birds of rare beauty. The gulf is an important breeding area for many fish species which make this stretch of sea teeming with life. Its position, the natural context in which it is located, the peace, the silence and the strength of the elements make it an ideal place to immerse yourself in the study and practice of the various disciplines, leaving behind all physical and emotional burdens that usually crowd our lives.

HOW TO GET THERE: Lesvos is well-connected by plane to Athens with several internal flights every day throughout the year. Lesvos can be reached by ferry also operating all year long. From some European countries you can fly directly to Lesvos, if you cannot find a direct flight to Mytilene, you can fly to Athens and from there take another flight to the island.

