



Alejandro Larenas e Marisol Morales

a week of
**Tango and
Feldenkrais Method**
on the **Lesvos island (Greece)**
with special seminar
on the weekend with
the great maestros

6.29-7.6.2025

Mediterranean Retreats Center

Lesvos Island, Greece

an 'immersive' experience

- IMMERSED IN THE GREENERY A FEW METERS FROM THE SEA ON THE WONDERFUL ISLAND OF LESBOS FOR A WEEK
- TANGO LESSONS THAT ADDRESS THE INTELLIGENT USE OF THE BODY, THE TECHNIQUE AND FUNCTIONALITY OF THE EMBRACE, THE LOGIC AND MECHANISM OF THE FIGURES, THE MEANS TO DEVELOP ONE'S OWN MUSICALITY AND INTERPRETATION
- FELDENKRAIS METHOD, A MOVEMENT AWARENESS PRACTICE THAT INVITES US TO LISTEN MORE TO OURSELVES AND TO OUR RELATIONSHIP WITH OTHERS
- SOCIAL TANGO EVENINGS WITH PRACTICES, MILONGAS, CONVERSATIONS AND OTHER CULTURAL ACTIVITIES RELATED TO TANGO

A man and a woman are dancing in a social setting. The man is wearing a dark hoodie and jeans, and the woman is wearing a light-colored top and jeans. They are both looking at each other. In the background, there are other people standing and sitting at tables. The text is overlaid on the image.

an 'immersive' experience

SPECIAL WEEKEND

WITH THE GREAT MAESTROS
ALEJANDRO LARENAS E
MARISOL MORALES

TWO DAYS OF
INTENSIVE SEMINAR,
PRACTICA,
MILONGA AND SO ON....

MEDITERRANEAN RETREATS CENTRE

THE BUILDING, TODAY COMPLETELY TRANSFORMED INTO A CENTER FOR YOGA AND THE STUDY OF BODY PRACTICES, WAS ORIGINALLY A TRADITIONAL GREEK TAVERN AND A SMALL HOTEL. THE BUILDING, WHICH OVERLOOKS THE GULF OF KALLONI (THE SEA IS A FEW METERS FROM THE HOUSE), IS COMPLETELY ISOLATED AND IMMERSED IN A NATURAL CONTEXT OF EXCEPTIONAL BEAUTY. THIS AREA IS A PARADISE FOR ALL BIRDWATCHING ENTHUSIASTS WHO, ESPECIALLY IN THE SPRING MONTHS, COME TO THE ISLAND FROM ALL OVER THE WORLD TO ADMIRE PINK FLAMINGOES, BLACK AND WHITE STORKS, PEREGRINE FALKS AND MANY OTHER MIGRATORY BIRDS OF RARE BEAUTY. THE GULF IS AN IMPORTANT REPRODUCTION AREA FOR MANY FISH SPECIES THAT MAKE THIS STRETCH OF SEA TERRIBLE 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 COMPLETELY IMMERSED IN THE STUDY AND PRACTICE OF VARIOUS DISCIPLINES, LEAVING BEHIND ALL THE PHYSICAL AND EMOTIONAL BURDEN THAT NORMALLY CROWD OUR LIVES.

TYPES OF ACCOMMODATION: THE CENTER OFFERS FIVE ROOMS WITH BATHROOM AND FIVE MORE ROOMS WITH BATHROOM ARE AVAILABLE 800 METERS AWAY. WE OFFER ACCOMMODATION IN DOUBLE ROOMS WITH SINGLE BEDS AND IN SINGLE ROOMS (WITH A SUPPLEMENT).



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**MEDITERRANEAN
RETREATS CENTRE**



**DAILY
PROGRAM**
during the
WEEK
from Monday to Friday

8am SELF-MANAGED BREAKFAST

---FREE TIME OR EXCURSION--

11am YOGA

12am BRUNCH

--REST OR EXCURSION--

5pm METODO FELDENKRAIS

6pm TANGO LESSON

8.30pm DINNER

9.30pm TANGO EVENING
(PRACTICE OR MILONGA AND MORE)

**DAILY
PROGRAM
at the
WEEKEND
with Alejandro
and Marisol**

8am SELF-MANAGED BREAKFAST

---FREE TIME OR EXCURSION--

11am Feldenkreis

12am BRUNCH

--REST OR EXCURSION--

5pm Seminar 1 with Ale and Mari

6:30 Seminar 2 with Ale and Mari

8.30pm DINNER

9.30pm TANGO EVENING
(PRACTICE OR MILONGA AND MORE)



Alejandro Larenas e Marisol Morales

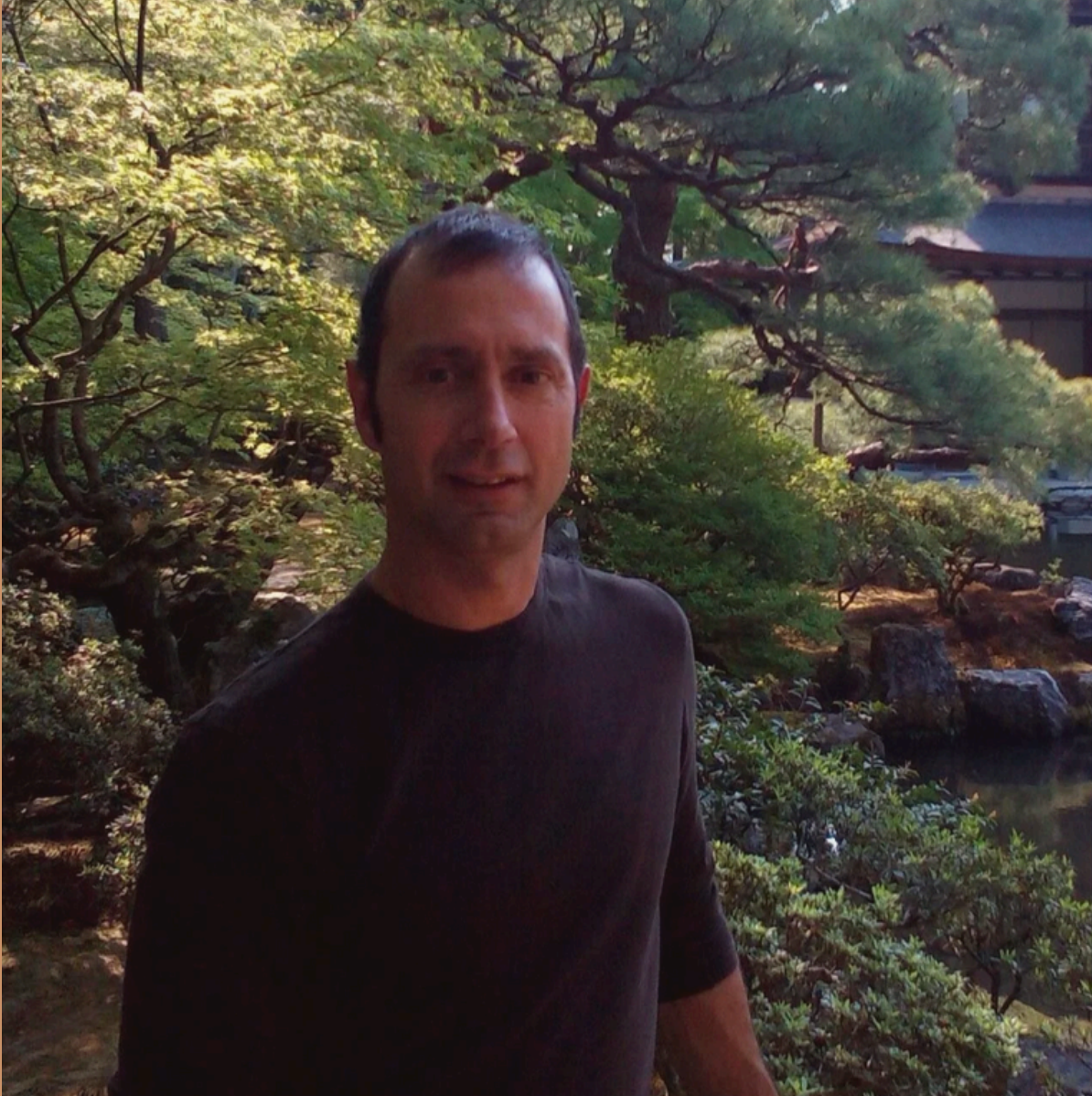
Among the most important maestros of our time, Alejandro and Marisol began dancing tango in 1998, in 2004 they became a professional couple.

Their studies have always been motivated by the curiosity to understand the evolution of tango from its roots.

Their dance ranges from pure tradition to astonishing innovations. Full of musicality, impeccable technique and a very skillful and precise teaching method to explain this popular dance. When it comes to dancing, it's all about improvisation!

Since then they have taught and performed in renowned venues in Buenos Aires such as Club Grisel, La Ideal, Cochabamba 444, La Viruta Tango, Salon Canning, Practica X, El Motivo Tango, Viva la Pepa Milonga, at the show "Tango new Generation" held as part of the CITA International Tango Festival (2006, 2007) and Misterio Tango Festival Argentina (2017).

They have made more than 40 tango tours around the world to participate in seminars, shows and tango festivals



Piero Bianciardi

HE ATTENDS THE UNIVERSITY OF MEDICAL SCHOOL IN SIENA FOR FIVE YEARS, HE AT THE SAME TIME DEVOTES HIMSELF TO YOGA, IN PARTICULAR HATHA YOGA AND VINIYOGA, TAIJIQUAN AND SHAOLIN CHUAN UNDER THE GUIDANCE OF MASTER CHANG DSU YAO, SHIATSU AT THE SCHOOL OF MASTER CLEMENTE COCCHIOLA AND ACUPUNCTURE WITH PROF. NGUYEN VANGHI IN FLORENCE.

HE STUDIES CONTEMPORARY DANCE WITH MASTER DOMINIQUE DUPUIS, CONTAC DANCE AND GURDJEFF'S SACRED MOVEMENTS AND DANCES WITH SHURTA. HE OBTAINED THE 1ST DAN OF TAIJIQUAN AND SHAOLIN CHUAN WITH M° CHANG DSU YAO, AND THE DIPLOMA OF YOGA TEACHER AT THE EFOA SCHOOL IN ROME WITH FRANCOISE BERLETTE AND OF SHIATSU PRACTITIONER OF SHIATSU, THE DIPLOMA OF QUALIFICATION “OPERATOR OF MOTOR ACTIVITIES” AT THE UNIVERSITY OF MEDICAL CENTER OF SIENA AND AS A FELDENKRAIS PRACTITIONER AT THE TRAINING OF THE FELDENKRAIS METHOD IN FLORENCE 1. FOR MANY YEARS HE TEACHED YOGA AND M. FELDENKRAIS IN SIENA AND IN THE CHIANTI AREA AND DEVELOPED HIS OWN METHOD OF TEACHING YOGA, FELDENYOGA, AND A METHOD OF PRACTICE IN WATER, FELDENWATER. PRACTICES AND STUDY DONG STYLE TAIJIQUAN WITH MASTER ALEX DONG. PRACTICES AIKIDO AT THE RENWAKAI SCHOOL WITH MASTER MASSIMILANO PERINI AND MASTER ALAIN TENDRON WHO TEACHES WITH THE GRADE OF 2' DAN. DANCES TANGO AND STUDY IT WITH VARIOUS TEACHERS INCLUDING CHICHO FRUMBULI AND PABLO MOYANO. FOR MANY YEARS HE PARTICIPATES IN FAMILY CONSTELLATIONS SEMINARS WITH CARL PETER STROMMER AND BERT HELLINGER AND OBTAINS THE DIPLOMA OF SYSTEMIC FAMILY CONSTELLATION AT THE HELLINGER SCHULE OF BERT AND MARIE SOPHIE HELLINGER. 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.



Jiewen Xiao

Argentine tango teacher, craniosacral therapist,
PhD in philosophy, contemporary art critic and curator.

She studied music and dance since she was a child, encountered and studied Argentine tango intensively since 2012 with great masters including Alejandro Larenas and Marisol Morales, Chicho Mariano Frumboli and Juana Sepulveda, started teaching in Florence in 2017 and organising tango events since 2016. She believes in a holistic approach to tango and is dedicated to cultivation of the local community, helping people to develop their tango with their own corporeity and their life experience. Her commitment and research focus on fundamental aspects of understanding tango: music, culture, history, social dance and improvisation, which is at the same time highly logical and technical, but also deeply emotional. Her teaching offers students a complete experience of these elements, guiding them in the discovery of their own tango.

EXCURSIONS:

PETRA AND MOLIVOS, LOCATED IN THE NORTH OF THE ISLAND, ARE THE MOST CHARACTERISTIC VILLAGES OF THE ISLAND, AMONG THE MOST VISITED:

THE ISLAND IS OF VOLCANIC ORIGIN AND HAS NUMEROUS THERMAL SPRINGS, THE WATER IS OF EXCELLENT QUALITY AND FLOWS AT A TEMPERATURE OF 39 DEGREES. WE WILL VISIT THE THERMAL BATHS OF MYTHILENE WHERE WE WILL DO A PRACTICE;

NEAR THE CENTER THERE ARE SOME BEAUTIFUL BEACHES AMONG WHICH THE ONE OF VATHERA STANDS OUT WITH ITS 5KM LONG BEACH AND CRYSTAL CLEAR WATER;

AND FINALLY THE FOSSIL FOREST, ONE OF THE LARGEST AND MOST IMPORTANT IN THE WORLD, THE MAIN REASON WHY THE WHOLE ISLAND IS A UNESCO HERITAGE SITE.

COST: €790

The package includes: stay in a double room (the sea is within walking distance), **full board** with traditional Greek Mediterranean cuisine, vegan or celiac diets are possible on request, wine and ouzo and other drinks, car and petrol for travel and **excursions**.

7 days of Tango and Feldenkrais lessons for all dance levels, **milonga dance evenings and practices** (dancing on the TERRACE with a sea view), and the **special weekend (seminars + milongas)** with the presence of the maestros Alejandro Larenas and Marisol Morales.

REGISTRATIONS:

To register, a deposit of €200 is required

HOW TO GET TO LESVOS:

It is well connected with Athens with several internal flights every day throughout the year. In addition, there are excellent connections by ship, always every day of the year. From some European countries you can fly directly to Lesvos. If you can't find a direct flight to Mytilene, you can stop in Athens and from there take another flight to Mytilene.

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