

# TANGO YOGA FELDENKRAIS

BODY AND MIND AWARENESS PRACTICES TO FIND  
YOUR OWN TANGO

LESVOS ISLAND, GREECE  
6 JULY- 13 JULY 2024

Yoga, M. Feldenkrais and other awareness practices will guide us to a deeper understanding of ourselves and our relationships, being immersed in nature, a few meters away from the sea. We will bring this new awareness to Tango, that can be viewed as a mirror and metaphor of life, rediscovering its basic elements such as embrace, musicality and interpretation.



[WWW.MEDITERRANEANRETREATSCENTER.ORG](http://WWW.MEDITERRANEANRETREATSCENTER.ORG)

bianciardipiero@gmail.com  
claudia.silletti@gmail.com  
+39 3335263343  
+39 3345763941



## 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.





## DAILY PROGRAM

**8.30 - 9.30** Practice Yoga, Felden-Yoga

**9.30 - 10.30** Breakfast

**11.00 - 13.30** Tango, body awareness and Feldenkrais

**4.00pm - 7.00pm** two afternoon lessons and three excursions on the island  
two evening milongas planned

### PLANNED TOURS:

- 1) Petra and Molivos: located at the north of the island, these are the most characteristic and among the most beautiful villages.
- 2) Originally volcanic, the island offers numerous thermal springs with water of excellent quality at 39 degrees celsius, we will visit the SPA of Mytilene where we will practice Feldenwater.
- 3) Vathera, a 5 km long beach and crystal clear water
- 4) 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:** €590 (includes stay in double rooms, meals, classes).

single rooms available with a supplement

**how to book:** To book you must pay a € 200 deposit

**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.



## PIERO BIANCIARDI

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 diplome 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.



## CLAUDIA SILLETTI

Dancer, argentine Tango teacher, Gestalt counsellor. In 2012 she graduated in Psychology and in 2015 finished the three-year school of Counselling. She began dancing at the age of 5; studying classical, modern and contemporary dance. In 2010 she graduated in Modern dance. Later studied and practiced holistic disciplines especially related to body awareness, including yoga, theater, contact improvisation, gyrokinesis, bioenergetics, mindfulness. In 2014 she followed and concluded the high training course "Theater as a tool for educational works". She has developed and led body expression and art counselling workshops in Cesena, Brindisi and Rome and taught in the three-year course in Theater therapy with Walter Valeri at Art-in-Counselling school in Bertinoro (FC). She studied and practiced Tango since 2010 and has improved her dance with long stays in Buenos Aires. In 2016 she participated at Tango world festival with Jorge Olguin. She taught and performed in Saint Petersburg with Antonio Lalli and led a workshop on Tango and Psychoanalysis in Malta with Valdimiro Pellicanò. She was dancer and choreographer in "Labirinto Moro", directed by Luca Archibugi; on stage at MAXXI Museum (Rome) in May 2018. Between 2017 and 2020 she led groups and individual Tango and Tango counselling sessions in Italy and in March 2019 she was in Brussels at the MG Tango school, where she worked with the argentine director Mariano Galeano. In June 2019 she is selected for Hortus festival, a project created by Virgilio Sieni with workshops and performances in Florence. In June 2023 she presents her first self-produced show "Corazon al Sur" with Fabrizio Mocata and Piero Bianciardi, Jeremias Cornejo, Nora Tabbush at the San Petersburg Academy of Arts in Florence.

