

Exploring the Beauty of Portugal

Paneurhythmy Retreat

A living circle of beauty, harmony and unity with Nature.

Wednesday 24 April 2024 – Monday 29 April 2024

**Led by Sarah Dawkins and hosted by Jonathan Tod and Tara at Casa Fuzetta
in Olhao, in the eastern Algarve of Portugal.**

The purpose of this retreat is to learn about and enjoy the movements of Paneurhythmy in the beautiful landscape of the Algarve with like-minded friends - new and old - with Sarah Dawkins of Zoence Academy guiding and teaching us, and Jonathan and Tara of Casa Fuzetta hosting. Sarah has been dancing and sharing Paneurhythmy and the wisdom that lies behind it for over 30 years.



Paneurhythmy is a sacred dance brought into the world by a greatly inspired Bulgarian Master, Beinsa Douno, in the early 20th century. He was inwardly given the music, dance, movements, and prayers over the course of his life, in the beautiful mountains of Bulgaria. Paneurhythmy is danced in the morning between the Spring and Autumn Equinoxes, in a partnership with each other and nature.

In the Algarve, on the southern coast of Portugal, we intend to weave into these five days teaching, experiencing the dance and sacred songs, and working with different landscapes and energy - and eating well.

Although we will be based at Casa Fuzetta, we also intend to dance on various beaches and visit the site of a Sacred Chapel in the Mountains that overlooks the Algarve Coast. This is 'weather' dependent. There is more chance of sun and dry weather in Portugal in April than there is in the rest of western Europe. There are indoor spaces in which we will be able to dance at Casa Fuzetta, as well as roof-decks and a swimming pool. In April the evenings, after the Sun goes down, are cooler - so bring some warmer clothes.

Whilst we have a dedicated retreat chef who will prepare most of our meals at Casa Fuzetta, we will also eat out in local restaurants and on Deserta Island.





We hope that this time together will attract both friends living in the Algarve and those travelling from afar, and will cater for both beginners and experienced dancers.

There are a few important archetypal principles which we will try to fulfil, which are to make the effort to love each other, to do the right thing in the right place at the right time, and with the right intention. In this way we can enhance the places and the whole landscape, enthusing it with love and thereby helping to transform ourselves and the places we visit. All will be celebrated on the last night together at Casa Fuzetta, with a feast and loving cup ['Agape'].

Paneurhythmy, danced regularly, touches into angelic levels of consciousness and is a powerful way to transmit love, joy, peace and harmony into the world.



Itinerary Highlights

Wednesday 24 April - arrive late afternoon at Casa Fuzetta; welcome meeting and brief introduction to the week ahead, followed by champagne reception and dinner. We have arranged for a very special retreat chef to look after us. She specialises in Vegetarian and Pescatarian cooking.

Thursday 25 April - Paneurhythmy exercises on the roof followed by breakfast prepared by our house team. We will start to learn more about the dance with Sarah and explore some of the profound teachings of Beinsa Douno. After lunch we will visit Mar Morto, for the salt/mud floatation experience. Sarah will lead a further session in the early evening in the Sanctuary room before we go together to a traditional Portuguese restaurant in Olhao.

Friday 26 April - We will dance 'the First Day of Spring', the centrally important first ten movements of Paneurhythmy. After breakfast we will take boat taxis to Deserta Island, dance and play on the beach, and have lunch at the Estamine restaurant. After lunch we will take fast rib boats to Faro and visit the cathedral. We will either eat in Faro or have supper at Casa Fuzetta, after which we may decide to try some circle dancing, sing, or just veg out!

Saturday 27 April - We will prepare for the day by doing our spiritual exercises on the roof, followed by breakfast in the market. Saturday is market day in Olhao, and local farmers set up stalls along the front and sell what was in the ground or on a tree that week. It is truly seasonal living. There are a number of cafes and restaurants that serve breakfast along the front. You may decide to eat an early morning 'Churros', a local speciality. From there we will dance in a Victorian hall in a traditional meeting venue in Olhao. After lunch at Casa Fuzetta, we will drive the short distance up St Michael's Mountain to St Michael's chapel and enjoy the views of the Algarve. Afterwards we will visit Tavira, an ancient town divided by a river with a Roman bridge, and eat in a river-front restaurant.

Sunday 28 April - After breakfast we will drive to Fuzeta beach and learn some more of the inner teachings of Paneurhythmy, and dance together on the beach. We will eat a light lunch in Fuzeta and then return to Casa Fuzetta to prepare for the evening and enjoy the town. We will meet late afternoon, dressed for our celebratory dinner, to share, remember, and give thanks for this time together. Our retreat chef will prepare a feast, traditionally called an 'Agape', which will be followed by sharing a loving cup.

Monday 29 April - After dancing and breakfast at Casa Fuzetta, the retreat will end. You are more than welcome to remain in Casa Fuzetta until mid-afternoon.

[The organisers reserve the right to adjust or amend the programme if necessary.]

Travel suggestions

- Regular flights to Faro with most airlines including EasyJet, British Airways and Ryanair.
- Casa Fuzetta, Olhao, is 20 minutes by taxi from Faro airport.

Cost

- Double/Twin Occupancy at Casa Fuzetta – £1,300 per person.
- Single Occupancy at Casa Fuzetta – £1,650 per person.
- Retreat cost (not staying at Casa Fuzetta) – £950 per person.

Cost includes all entrance fees, breakfasts, lunches and dinners at Casa Fuzetta and in restaurants (save Saturday breakfast at the market), boat taxis, retreat visits, car rental costs, and all teaching.

Cost excludes flights and transport to and from Casa Fuzetta.

Some guests who live locally may decide not to stay at the house. They are encouraged to spend the whole day, including early morning dance and breakfast, with the group.

Further Information & Booking

Website: www.casafuzetta.com.

Please also see 'Casa Fuzetta' on Instagram for many more photos of the house, the main decks and the bedrooms and bathrooms.

Email: jtod@29br.co.uk or sarah@zoence.co.uk