

DANCES for WELL-BEING and REGENERATION

JULY 10-13

YVONAND

Switzerland

(an hour from Geneva)



"Dancing is above all to communicate, unite, join and speak
to another at the core of its being..." M. Béjart

A collection of circle dances to unlock energy centers on a group level
and harmonize mind, body and spirit with the whole of Creation.

A holistic approach with daily Jin Shin Jyutsu self-help theory
and practice combined with energy medicine for integration.

Each day, 5-6 hours of activities and one meal in common.

Free time for lakeside walk, thermal baths and rest...

Cost: 230 Euros (including tea breaks and one meal per day)

Book your own accommodation in nearby campsite, B&B

or hotel in the area. www.camping-yvonand.com

(help and suggestions available)

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