

RENEW YOURSELF AT THE THERMAL BATHS IN ISCHIA

Ischia Island

Autumn 2024 / Spring - Summer - Autumn 2025

Seminars with Cristina Dal Zio

MOVEMENT AWARENESS DIALOGUE
WELLNESS REGENERATION
NATURE JOY

Accademia Europea di Euritmia Venezia

in collaboration with Associazione Spacial Dynamics® Italia



MOVEMENT AWARENESS DIALOGUE WELLNESS REGENERATION NATURE JOY

in the wonderful Agriturismo hotel *Il Giardino del Nonno*, an oasis of peace and tranquility in S. Angelo, a fishing village on the volcanic island of Ischia in the Gulf of Naples. Our seminar offers an opportunity to regenerate and find renewed strength. The volcanic island of Ischia makes an ideal retreat, a place to reinvigorate and renew oneself in these difficult times.

MOVEMENT

Movement is life. The potential for regeneration, self-healing and well-being lies in us all. This potential can be drawn upon and activated through health-giving movement. Simple exercises and movement techniques, performed individually or in pairs, will increase our awareness of the various parts of the body, revitalizing them, making them feel light and more our own. Together we will experience how, as we move within the space around us, following and discovering its dynamics and directions, we will feel more structured, solid, safe and in touch with ourselves and our surroundings. Moments of collective movement, accompanied by music, singing, or the recitation of short poems, will give us the opportunity to experience the joy of creating something together, to feel both supported and free.

NATURE WELLNESS DIALOGUE

The seminar will feature walks, moments of quiet and observation, immersed in the wonderful nature of the island.

We will awaken and reharmonise our senses with exercises, movement and regeneration practices in thermal water.

In the evenings, there will be the opportunity to come together for meditative moments, generative listening and dialogue with the help of Otto Scharmer's U-theory and to find new ways of relating to those around us.

*"I have never felt so regenerated,
both physically and mentally,
in such a short time".*





THE PLACE OF THE SEMINAR

The Agriturismo Hotel *Il Giardino del Nonno* is situated in an idyllic spot between the mountains and the sea. It is not far from the village S. Angelo and just a 5-minute walk from the beach Le Fumarole, famed for its fumaroles. The rooms are located in small buildings within a fabulous terraced garden – a perfect place to relax.

Two outdoor thermal pools with sea views, a thermal grotto and a natural sauna will more than satisfy our need for warmth and exercise.

CRISTINA DAL ZIO

Teacher and lecturer in Eurythmy, Spacial Dynamics® and Bothmer Gymnastik®, choreographer, dancer, has been sharing the art of movement with people of all ages in various countries of the world with joy and passion for thirty years.

Her long experience in this field has convinced her that moving in a meaningful and natural way with others is a great source of health, joy and freedom. With the various movement disciplines she draws on, her desire is to offer people tools to deal with the situations they will encounter on their life's journey, enabling them to live with awareness and to the best of their ability.

Cristina Dal Zio



DATES

20 - 26 October 2024 (full week)

23 - 26 October 2024 (weekend)

Registration by 30 September 2024

23 - 30 March 2025 (full week)

27 - 30 March 2025 (weekend)

Registration by 30 November 2024

20 - 27 July 2025 (full week)

24 - 27 July 2025 (weekend)

Registration by 30 April 2025

2 - 9 November 2025 (full week)

6 - 9 November 2025 (weekend)

Registration by 30 August 2025

SEMINAR FEE

- Full week 300 € per person, bringing a friend 400 € for two people per seminar.
- Weekend € 200 per person, bringing a friend € 300 for two people per seminar.

HOTEL COSTS

November and March

- Room with half board from 100 to 150 € per day per person.
- Room in B&B from 70 to 120 € per day per person.

July

- Room with half board from 110 to 160 € per day per person.
- Room in B&B from 80 to 130 € per day per person.

- The room price includes entrance to the thermal pools.
- Single room supplement 50 € per day.
- It is possible, when registering for the course, to request a transfer service from Naples to the hotel and back. The cost is € 60 each way per person.
- Individual movement lessons (Eurythmy, Spacial Dynamics®, Bothmer® Gymnastics) can be requested at an additional cost.
- Deposit to be paid directly to the hotel after registration through our contacts.

The seminar will be activated with a minimum of 6 participants.
You can REQUEST THE COMPLETE PROGRAMME.

Information and registration

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