



③ **Frédéric Gest** Frédéric Gest trained as a teacher of Kundalini Yoga in Colombia in 2006 with Sing Hargobind Khalsa and Hari Dev Kaur, creators of Happy Yoga Barcelona. Today he lives in Brittany and teaches Kundalini Yoga, Yoga and Vibrations, Yoga and Land Art within the Semilla association.
www.Semilla21.webnode.fr

Useful informations

The festival takes place just beside Dinan, a beautiful **medieval town** crossed by the river Rance, 30 miles north of Rennes and 15 miles south of Saint Malo. **Beautiful beaches** in Dinard, Saint Lunaire, Saint Jacut de la Mer are only 20 minutes drive.

Access can be by train via Rennes and Dol de Bretagne.

Accommodation is at the association headquarters, close to Dinan train station.

We offer either **camping** in the garden, or **dormitory** in the main house. Prior booking advisable, cost: 5 € per night.

We can also offer you to stay a few days before or after for those wishing to enjoy the area.

During the festival, **the catering is provided** by «Saperlipopote», vegetarian and generous food.

Festival diary

Friday 29th :

10h30 : Opening circle

11h-14h : Kundalini Yoga, with Frédéric Gest

15h30-18h30 : Intuitive dance, with Sylvain Legrand

19h30-22h : Contact improvisation & Tantra, with Sabine Sonnenschein

Saturday 30th :

11h-22h : Contact improvisation & Tantra, with Sabine Sonnenschein

Sunday 31st :

11h-15h : Contact improvisation & Tantra, with Sabine Sonnenschein

16h-18h : Jam & closing circle

Fees :

3 day festival, including 5 meals : **220 €**

Registration before June 15 th : **180 €**

Unemployed and students : **160 €**

Lodging : **5 €/night** camping in the garden or dormitory

Informations & registration :

Association Graines de Soi

21, rue Yves Guyot

22100 DINAN

Patrick Créac'h

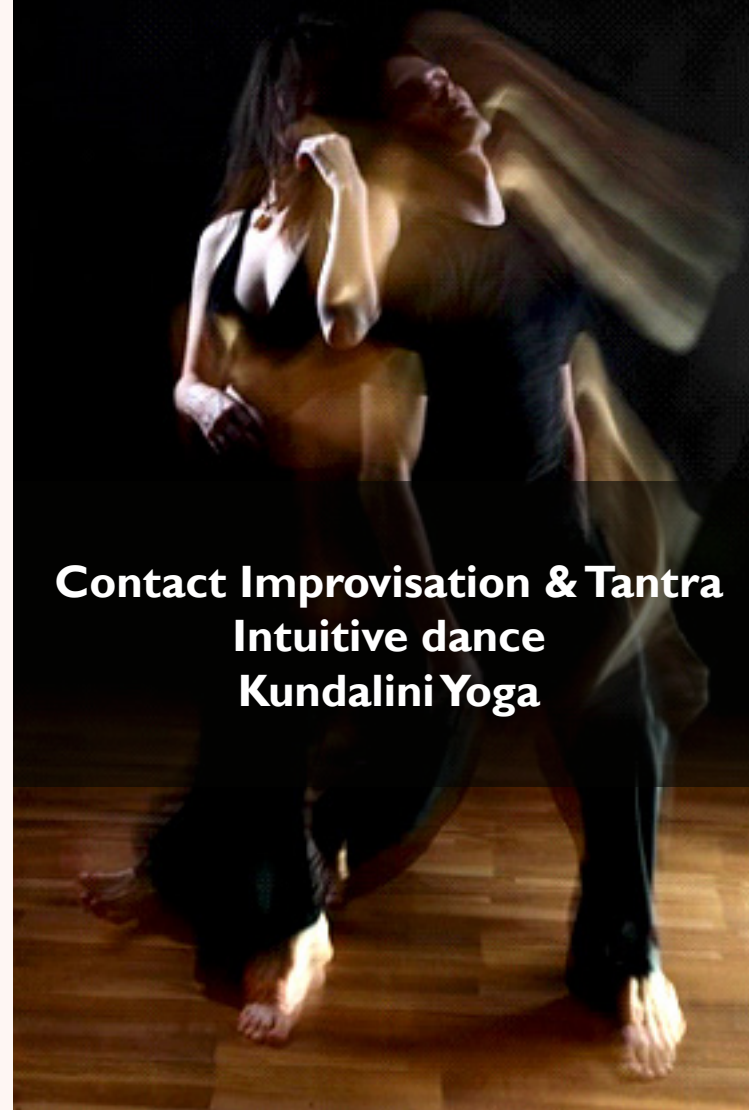
France : 06 32 45 29 08

Foreigners : 00 33 632 45 29 08

E-mail : contact@grainesdesoi.com

Festival Danses en t'Rance

29-30-31 August 2014
Dinan (Brittany, France)



Contact Improvisation & Tantra
Intuitive dance
Kundalini Yoga

Workshops description

Contact Improvisation & Tantra

With Sabine Sonnenschein (Autriche)

Through tantric approach und techniques, **Contact Improvisation** (CI) becomes a tantric practice, a sensual and holistic dance experience.

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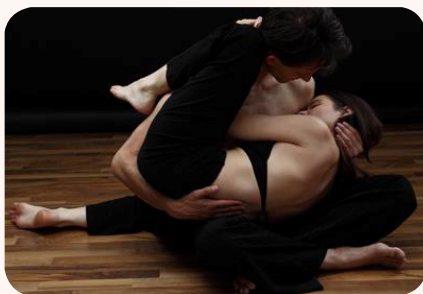
We will experience standard basics of CI techniques (dealing and playing with gravity, effect

and use of weight) in a new way because of tantric approaches towards the world, such as **sparsa** (touching und being touched), **spanda** (vibration of

consciousness and the world), **bhakti** (devoted love) and samavesa (to immerse as well as to absorb).

In this workshop our focus is on awareness of inner subtle energies, chakras, emotions, the feeling of flow and possibly emerging thoughts.

We practise CI not just under the lens of physical and anatomical aspects. You dance as a unit of body, soul, spirit and mind.



Intuitive dance

With Sylvain Legrand (France)

From deep listening, we take the time to let the organic movement emerge to allow multiple textures, rythms, spaces, energies, connections to unfold ...

A time to **become aware of the movements** alive within us, making visible what we are going through.

This approach is based on my experience of the 5 Rhythms dance and other forms of meditation in movement and somatic practices such as **Body Mind Centering**.

Kundalini Yoga

With Frédéric Gest (Bretagne)

This powerful yoga practice and its results, is a **combination of static and dynamic postures**, mantra chanting, meditation and deep relaxation. Kundalini Yoga is an efficient tool to help purify our bodies, strengthen our immune system and to enable us **to become who we really are**: complete beings with a healthy body and dynamic mental attitude able to cope in everyday situations and with a mind open to spirituality. Reaching the depths of our being to **rediscover ourselves**, that's what offers this ancestral practice.

Workshops tutors



1 **Sabine Sonnenschein** has been a choreographer and performer since 1992 and has developed a tantric approach to life since 2004. She teaches a fusion of tantric perspective on the world and dance which she practices in her own life. She studied contemporary dance, theatre science, philosophy and history of art. Her performances have been shown in Europe and NYC. www.tantrischekoerperarbeit.at



2 **Sylvain Legrand** dancer with the company Alluna - Marie Motais, Sylvain learned and practiced the 5 Rhythms dance and the Medicine dance with many teachers. He followed the teaching of Peter Doussaint for contemporary dance and practiced Contact improvisation with Javier Cura, Soraya Djebbar, P.Kuyppers and Franck Beaubois. He is currently training in Tamalpa Life Art Process (A.Halprin). www.compagnielawen.blogspot.fr

Workshops in English will be translated into french.