



## Yoga, Meditation & Sacred Dance Workshop:

Samothrace, Greece

*June 6-12, 2014*

**Workshop:** A yoga, meditation and dance course that will focus on rebalancing energy and repairing problems within our bodies while we go in search of the sacred. We will practice dervish yoga, meditation and sacred dances.

The goal is to focus on stimulating and harmonizing all our physical, emotional, mental and spiritual resources, allowing us to be more at peace, more creative, and more joyful in our daily lives. In the afternoon, we will discover beautiful waterfalls, springs, beaches and small villages on this spiritual island and we will share and discuss and speak about the science of movement. On the last morning, we will dance in the temple dressed in white where hundreds of years ago people danced to achieve better vibrations.

**Location:** Samothrace (or Samothraki) is an enchanted Greek island in the northern Aegean Sea that is rich in natural wonders. It has clear streams, cascading waterfalls and rock ponds for swimming. The secluded coastline has both sand and pebble beaches to explore. With its high mountain ranges and natural green environment dominated by trees, you will be able to relax and enjoy. Explore the Sanctuary of the Great Gods, a religious sanctuary celebrated throughout the world of Ancient Greece for its Mystery religion.

**Instructor:** Marco Bendonni will lead this workshop. He has studied energetic treatments, psychocorporal methods, family constellations, spirituality and well-being at the University of Samadeva in Alsace, France. He is a professional dancer and yoga instructor.

**Price:** 1250 euros (includes workshop 4 hours a day-2 in the morning and 2 in the afternoon, accommodation, breakfast, and excursions)

For more information, check out our website at [www.goinspired.com](http://www.goinspired.com) or send an email to [margo@goinspired.com](mailto:margo@goinspired.com).