

A Zoence Event
‘Living in Beauty’

Dancing and sounding from the heart

Led by Sarah Dawkins and Andrew Clark
Friday 15 June - Sunday 17 June, 2018
Wharfedale, North Yorkshire



‘Singing is a memory of paradise’

Beinsa Douno

Come and enjoy the beauty of dancing Paneurhythmy and singing in Nature.

Paneurhythmy is a joyful, meditational dance-exercise which has a profound philosophy associated with it. It was created by the Bulgarian Teacher Beinsa Douno, in the Rila Mountains at the beginning of the 20th century. Literally, the word ‘Paneurhythmy’ means ‘Supreme Cosmic Rhythm’. Working with the energies of Nature, Paneurhythmy is danced outside, in the mornings, between the spring and autumn equinoxes. Each of the simple, graceful movements have a deep meaning and healing power on the dancers and on the environment.

During the weekend, the singing and sounding will involve learning and sharing simple songs, chants and harmonies. The emphasis will be on sounding from the heart of our being. This helps us each to open our heart centre so that we can individually and collectively connect with the flow of Universal Love. When this is done in harmony with Nature, we can make a heartfelt offering to the land and to all who are sustained by it.

The setting for this weekend is the beautiful landscape of Wharfedale (Old English: “Valley of the winding river”) in the Yorkshire Dales National Park (a designated Area of Outstanding Natural Beauty). In geomantic terms, this area forms the focus of the throat chakra of what has been called the “Grail Land of Europe”. For more information on this, see http://www.zoence.co.uk/info-landscape/Grail_Land_of_Europe.pdf

Our base will be Wharfedale Lodge – a beautifully converted barn which accommodates 20 people in 10 comfortable twin bedrooms www.wharfedalelodge.co.uk.



Surrounding the Lodge are green pastures, rivers, waterfalls, springs and wild flower meadows with many walks available straight from the door. There are two comfortable and spacious lounges for teaching and relaxation. One lounge has the original 240-year old oak-beamed ceiling with stunning views of the surrounding Wharfe Valley. Two vegetarian packed lunches, Friday night supper and vegetarian breakfasts will be provided. Saturday night supper will be at a local pub at your own cost.

Programme:

Arrivals between 4pm – 6pm on Friday 15 June

Departure between 3pm – 4pm on Sunday 17 June



On Friday evening we will introduce the weekend – Paneurhythmy, sounding and harmony, and the special area we will explore over the two days. On Saturday morning, Sarah will teach part of the Paneurhythmy, and Andrew will teach and share about sounding and harmony. We plan to take this out into the surrounding landscape on Saturday afternoon and Sunday morning, culminating with a visit to Bolton Abbey.

The walking is over rough ground and you will require walking boots and good all-weather protection. The final plan will depend on the weather! Travel during the weekend will be by private cars.

Costings: £230 payable to Zoence Academy (Sort Code: 30 98 26. Account number 01173783). Concessions may be available.

Booking arrangements: for further information and booking, please contact Sarah Dawkins on sarah@zoence.co.uk.

Travel: Wharfedale Lodge is near the village of Kilnsey, 25 minutes by road from Skipton rail and bus stations. There is a bus service from Skipton to Grassington and on to Kilnsey. It may be possible to arrange collection from Grassington. Leeds Bradford International Airport is 30 miles away.



Sarah Dawkins first danced Paneurhythmy in the 1980s, learning the movements through the Scottish School of Paneurhythmy which brought Bulgarian dancers and musicians to Scotland. Sarah has travelled several times to Bulgaria to dance in the Rila mountains and has incorporated the dance into many pilgrimages which she focalises alongside her husband, Peter Dawkins, throughout Britain and Europe. Full details of all the events Sarah is involved with are on www.zoence.co.uk.



Andrew Clark worked for nearly 30 years as a psychiatrist and psychotherapist in the NHS, before retiring last year. Since 1990 he has participated in pilgrimages and retreats led by Peter and Sarah Dawkins, as well as having experience of co-leading pilgrimages. He has sung in choirs for many years and feels increasingly called to use heart-centred singing and sounding as a way to develop our heart consciousness.