

A Zoence Event

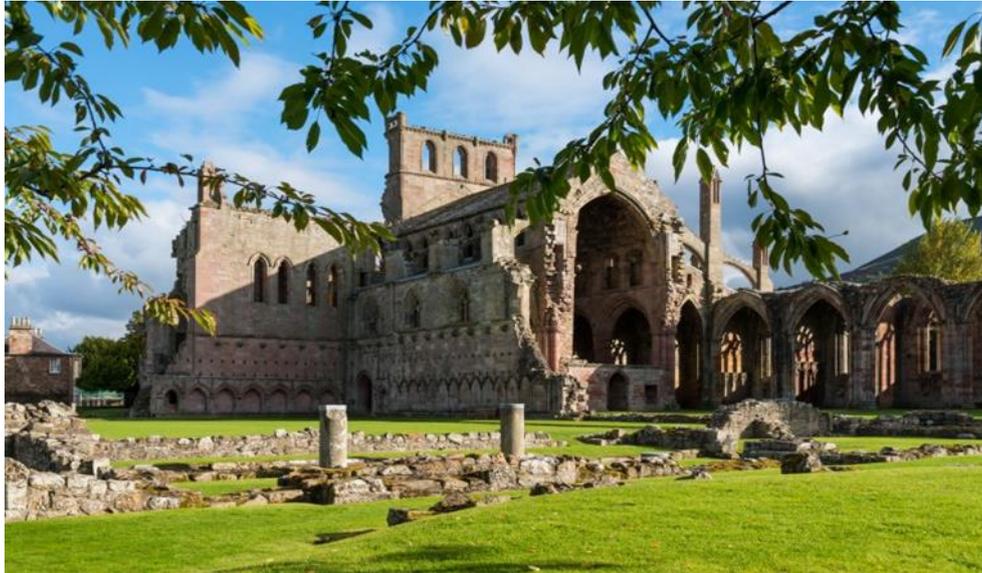
# 'Inspiring Beauty'

Dancing and singing from the heart

Led by Sarah Dawkins and Andrew Clark

Thursday 28th - Sunday 31st May, 2020

Traquair House, Innerleithen, Scottish Borders



## 'The Honey of the Rose'

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 Duono in the Rila mountains at the beginning of the 20<sup>th</sup> century. Literally, the word Paneurhythmy means 'Supreme Cosmic Rhythm'. Working with the energies of Nature, it is danced outside, in the mornings, between spring and autumn equinoxes. The simple graceful movements each have a deep meaning and healing power on the dancers and the environment.



During the weekend, the singing 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.

This event will take place in the beautiful landscape of the Traquair House estate on the banks of the River Tweed in the Scottish borders. We will also visit the ruins of the great Cistercian abbey at Melrose – originally founded by St Aidan from Iona in 640. This area is a focal point for the alta major chakra (see [https://www.zoence.co.uk/info-basics/ZA-Basics\\_Chakra%20System.pdf](https://www.zoence.co.uk/info-basics/ZA-Basics_Chakra%20System.pdf)) of the Grail Land of Europe (see [http://www.zoence.co.uk/info-landscape/Grail\\_Land\\_of\\_Europe.pdf](http://www.zoence.co.uk/info-landscape/Grail_Land_of_Europe.pdf)). In the human body, the alta major chakra associated with the back of the neck, is the gateway for Divine Inspiration. Geomantically, this landscape in the Scottish Borders appears to act as a similar gateway of inspiration for the Grail Land. The theme of this weekend is inspiration and embodiment. When offered from the heart, dancing and singing can help us both to become open to divine inspiration and to embody this inspiration as a prayer for the local landscape and beyond.



We will be staying in Howford House, a Georgian farmhouse on the Traquair House estate. Traquair House is Scotland's oldest inhabited house dating back 900 years. We will have access to the 100 acre grounds which includes ancient woodland, a walled garden, a hedge maze and access to the River Tweed.

**Programme:**

Arrivals 4-6pm Thursday 28 May

Departure 10am Sunday 31 May

**Thursday evening** - we will introduce the weekend.

**Friday morning** - Sarah will teach Paneurhythmy in the Traquair grounds and Andrew will guide us in singing from the heart.

**Friday afternoon** – We will walk from Traquair to the summit of nearby Minch Moor with wonderful views (weather permitting).

**Friday evening** - we will enjoy a promenade production of Shakespeare's "A Midsummer Night's Dream" in the grounds.

**Saturday** – we will drive to Melrose and visit the ruins of the Cistercian Abbey. After lunch we will walk to the nearby Eildon Hills with their legendary Arthurian connections. In the evening we will celebrate a Love Feast together back at Howford House.

**Sunday** – breakfast and farewells



**Practicalities:** Accommodation will be at Howford House (<https://www.traquair.co.uk/self-catering/>) which has 9 bedrooms and 5 shared bathrooms. Places are limited. Travel during the weekend will be by shared private cars. Comfortable walking boots and all weather protection are essential. The final plans will depend on the weather!

**Costings: £350** payable to Zoence Academy\*. Cost includes: Thursday night supper, all breakfasts, Friday picnic lunch, Friday theatre ticket, Saturday evening meal and refreshments. Friday evening supper in Garden Café at Traquair and Saturday lunch in Melrose will be at own cost. Concessions may be available. (\*30-98-26 01173783)

**Booking arrangements:** for further information and booking please contact Sarah Dawkins on [sarah@zoence.co.uk](mailto:sarah@zoence.co.uk)

**Travel:** Howford House, EH44 6PS, is near the town of Innerleithen. By public transport, it is easiest to travel to Edinburgh and then get bus 62a/x62 to Innerleithen. Bus leaves approx. every 30 minutes from St Andrew's Square Bus Station (journey time 1hr 20 min). The nearest train station is Galashiels from where you can catch bus 62 to Innerleithen. From Innerleithen you can get a taxi (tel: 01896 833003 or 01721 721721) to Howford House. If you let us know your travel plans we may be able to coordinate taxis or arrange collection.



**Sarah Dawkins** first danced Paneurhythmy in 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](http://www.zoence.co.uk).



**Andrew Clark** worked for nearly 30 years as a psychiatrist and psychotherapist in the NHS, before retiring in 2017. 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.