

CASA  
FUZETTA



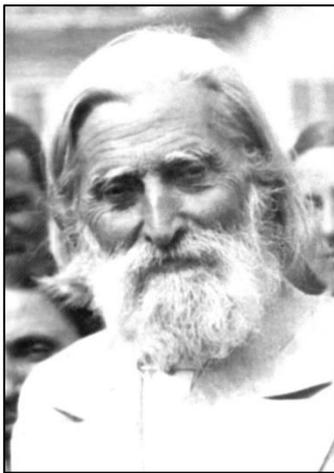
## *Exploring the Beauty of Portugal*

### **‘The Joy of Paneurhythmy’**

**Wednesday 23 March 2022 – Monday 28 March 2022**

**Led by Sarah Dawkins – supported by Jonathan Tod**

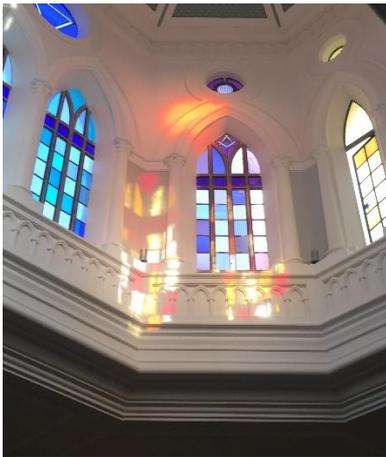
*“Through the face is revealed the beauty of the heart”*



The purpose of this retreat is to learn into the movements and joy of Paneurhythmy and to enjoy the friendship of retreat. We are delighted that Sarah Dawkins has offered to come and guide and teach us Paneurhythmy. Sarah has been dancing and teaching Paneurhythmy for over 30 years. Paneurhythmy is a sacred dance brought into the world by a great Bulgarian Master, Beinsa Douno, in the late 19<sup>th</sup> century. It is likely that he was channelling wisdom from ancient times. He was given the music, dance, movements, and prayers over the course of his life.

Paneurhythmy is danced early in the morning between the Spring and Autumn Equinoxes. This retreat is deliberately timed to coincide with the Spring Equinox, a time of new beginning, or learning, and of seeds of change. We intend to weave into these five days, teaching, eating well, experiencing the dance, and working with different landscapes and energy. There will be something for everyone! Ideally, we would like to dance in nature. This is ‘weather’ dependent. There is more chance of sun and dry weather in Portugal in March than there is in the rest of western Europe. There are indoor spaces which we will be able to dance at Casa Fuzetta. At that time of year, the evenings, after the Sun goes down are cooler - so bring some warmer clothes.





Although we will be based at Casa Fuzetta, we intend to dance as guests of two friends who run retreat houses along the Algarve. They are both interested in learning to dance and plan to spend the week with us.



'Seeds of Silence' – Cindy's Retreat



'Golden Web' – Anna's Retreat

We will also dance on the beach, and spend time walking on the sand islands of the renown Ria Formosa. Whilst we have worked to keep the cost down, we will still enjoy beautifully prepared food made by our house team, our retreat chefs, and in some of our favourite traditional restaurants. We hope that this break will attract both friends living in the Algarve, and those flying in and will cater for both beginners and experienced dancers. Paneurhythmy, danced regularly, touches into angelic levels of consciousness.



There are a few important principles which we will try to fulfil, which are to make the effort to love each other, to do the right thing in the right place at the right time, and with the right intention. In this way we can enhance the places and the whole landscape, enthusing it with love and thereby helping to transform ourselves and the places we visit. All will be celebrated on the last night together at Casa Fuzetta with a feast and loving cup ['Agape'].

### Itinerary Highlights

**Wednesday 23 March** – arrive at Casa Fuzetta; welcome meeting and brief introduction to the week ahead, followed by champagne reception and dinner. We have arranged for some very special chefs to look after us.

**Thursday 24 March** – Teaching Paneurhythmy exercises on the roof followed by breakfast prepared by our house team. We will start to learn into the dance with Sarah, and be introduced to some of the great teachings of Beinsa Douno. We will then drive to Faro, allowing sufficient time to be at the top of the Cathedral's Tower for a midday attunement. We will eat lunch in a restaurant in the old town of Faro before returning to Casa Fuzetta. Sarah will lead a further talk in the early evening before we go together to a traditional Portuguese restaurant in Olhao.

**Friday 25 March** – We will dance 'the First Day of Spring', the centrally important ten movements. After breakfast we will take boat taxis to Deserta Island, dance and play on the beach, and have lunch at Estamine restaurant. After lunch we will enjoy the island and the nature walks (swimming for the very brave!) before taking boat taxis back to Olhao. We will have supper at Casa Fuzetta after which we may decide to try some 'circle' dancing, sing, or just collapse!

**Saturday 26 March** – We will prepare for the day by doing our spiritual exercises on the roof, followed by breakfast in the market. Saturday is 'market day' in Olhao, and local farmers set up stalls along the front and sell what was in the ground or on a tree that week. It is truly seasonal living. There are a number of cafes and restaurants that serve breakfast along the front. You may decide to eat an early morning 'Churros', a local speciality. Mid morning we will drive to our friend, Cindy's, retreat 'Seeds of Silence', where we will enjoy her gardens, and dance under her marquee and have lunch in a restaurant nearby. We will drive the short distance up St Michael's Mountain to St Michael's chapel and enjoy the views of the Algarve. There will be time from mid-afternoon to explore Olhao and enjoy the house before dinner at another local Portuguese restaurant, 'Terra I Mar'.

**Sunday 27 March** – We will get up very early, grab a quick bite/ coffee/ tea, before driving to Anna’s retreat, ‘Golden Web’. We intend to welcome the Sun together with appropriate songs and prayers and dance together before brunch with Anna. We will return to Olhao around midday after which explore and enjoy town. You may want to catch up on sleep and rest. We will meet late afternoon, dressed for our celebratory dinner, to share, remember, and thank together. Our retreat chefs will prepare a feast, traditionally called an ‘Agape’, which will be followed by sharing a loving cup.

**Monday 28 March** – After dancing and breakfast at Casa Fuzetta the retreat will end. You are more than welcome to remain in Casa Fuzetta until mid-afternoon.

*[The organisers reserve the right to adjust or amend the programme if necessary.]*

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### Travel suggestions

- Regular flights to Faro with most airlines including Easyjet, British Airways and Ryanair
- Casa Fuzetta, Olhao, is 20 minutes by taxi from Faro airport.

### Cost

Double/ Twin Occupancy at Casa Fuzetta - £650 per person

or

Single Occupancy at Casa Fuzetta - £750 per person

or

Retreat cost (not staying at Casa Fuzetta) - £475 per person

Some guests who live locally may decide not to stay at the house. They are encouraged to spend the whole day including early morning dance and breakfast with the group.

Cost include all entrance fees, breakfasts, lunches and dinners at Casa Fuzetta and in restaurants (save Saturday breakfast at the market and lunch on Sunday), boat taxis, retreat visits, and all teaching.

Cost exclude flights and transport to and from Casa Fuzetta and car rental (which additional cost we will share)

### Further Information & Booking

Website: [www.casafuzetta.com](http://www.casafuzetta.com)

Please also see ‘Casa Fuzetta’ on Instagram for many more photos of the house, the main decks and the bed and bathrooms

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