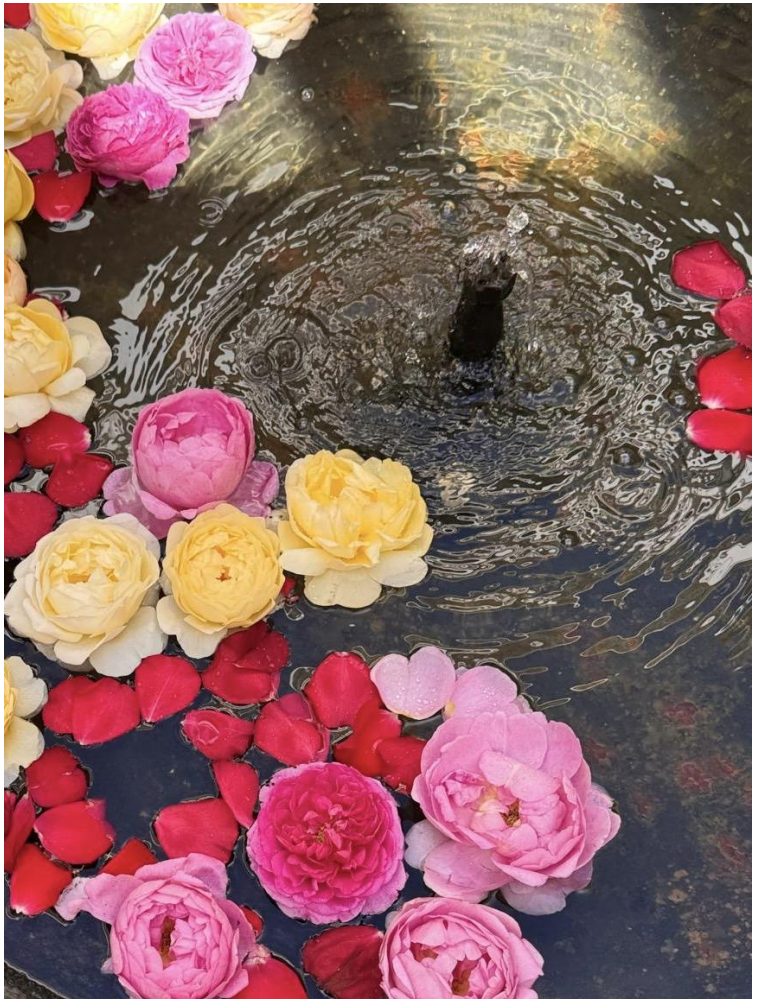
Patterns of Beauty

Retreat at Casa Fuzetta,
Olhao

5-10 May 2027

Patterns of Beauty

‘Creating Beauty in the landscape through singing, dancing, and joy’



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

‘Patterns of Beauty’ will be led by Sarah Dawkins of Zoence Academy and Jonathan Tod at Casa Fuzetta in Olhao, in the eastern Algarve of Portugal.

Sarah leads retreats at Casa Fuzetta focussed on Paneurhythmy dancing, singing, the beauty of nature, laughter and joy.

During this 6-day retreat we will also visit important energetic sites in the Algarve with the intent to effect good change for ourselves and those around us. Only humans are able to do this. With the advent of Artificial Intelligence, working in this way is ever more important.

Joy through dance, sound & song...





Paneurhythmy

“Paneurhythmy is a sequence of joyful, meditative, rhythmic movements set to music”

It was developed by the Bulgarian mystic Beinsa Douno, who lived in the Rila Mountains and in Sofia at the beginning of the 20th Century. The music is inspiring and most of the movements and gestures are easy to perform.

Dancing helps us to centre ourselves and brings balance to our relationships with other people and with nature. In harmony with nature, we practice Paneurhythmy outdoors in the mornings during the summer months.

Each of the simple, graceful movements has a deep meaning and healing power for the dancer and the environment.

Europa and the Bull

The retreat fits within a wider context of our work with the Europe Landscape Temple and the classical myth of Europa and the Bull.

Mainland Europe can be seen imaginatively as a ‘bull’, with the British Isles seated on its neck as ‘Europa’. Spain is the ‘head of the bull’ and Portugal forms the ‘face of the bull’. Indeed, Sintra, which is just north of Lisbon, has been known as ‘the Nose of Europe’ for centuries.

The Algarve, which runs along the south of Portugal, can be seen as the chin of the face/bull.





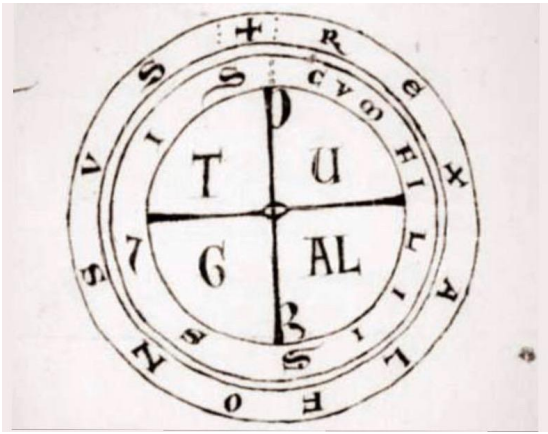
The Templars knew this...

The Knights Templar started working in Portugal from 1111 AD, seven years before the Templars were officially recognised by the Roman Catholic Church.

St Bernard of Clairvaux established the Knights Templar and Cistercian Monks to represent the Twin Pillars of tradition and sent them to Portugal with the stated intention of creating *“Heaven on Earth”*.

An esoteric name of the country, as displayed on the royal seal of Portugal’s first king, Afonso Henriques, is *Portugral*, meaning *“Through you the Grail”*.





Tree of life within the landscape of Portugal

We have discovered major landscape temples that build a full ‘tree of life’ within Portugal.

The three ‘foundations’/ root chakras of the pillars are situated along the Algarve coast at Sagres, Faro and Castro Marim. There are crucial energy centres between these pillars. We intend to visit these to re-invigorate them for the betterment of the Algarve and all Portugal through Joy, Sound and Dance.

Silves in the West

Faro in the Centre

Tavira in the East



Algarve Energetic Centres:



Silves



Faro



Tavira

Silves - Moorish Capital and Throat Centre of the Algarve

The throat chakra of the Algarve Landscape Temple is at Silves. This was a hugely important trading centre prior to its river to the Atlantic silting up. It was the Moorish capital. It was known at that time as '*The Baghdad of the West'.*

Almost all the Platonic indicators to the whereabouts of Atlantis fit with Silves. Whether it is or not, it has elements of Paradise and feels like a crucible or grail cup of treasure.





Tavira - Solar Plexus Centre of the Algarve Temple

Tavira is a small town with 30 churches. It is one of the starting points of the Portuguese camino to Santiago de Compostela.

Solar Plexus is a place of nourishment and communication like a market centre. This is often associated with shops, restaurants and all things that sustain us.

We will sing near the St Maria Church and wonder the ancient streets of this Moorish town. Perhaps a little time for shopping before lunch in the town centre.

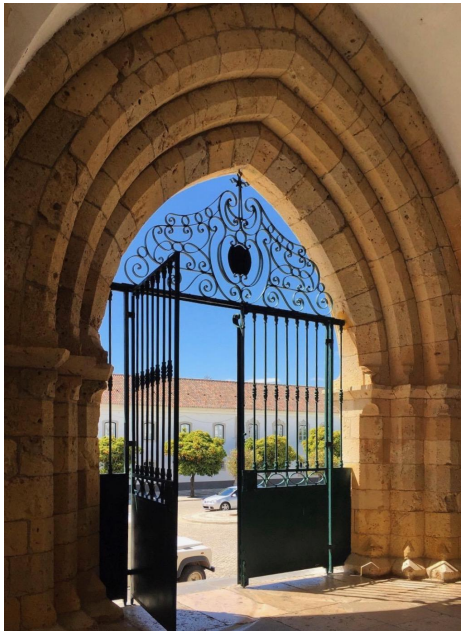


Faro - Heart of the Algarve

Faro is at the centre of an energetic lemniscate - a short, 20 minute journey from our base in Olhao.

At the heart of Faro's walled old town is a medieval cathedral, with a tower we can climb to the top of, with spectacular views across the Ria Formosa. There is a rose garden at its base - a perfect spot in which to enjoy a few moments of sunshine and peace.





Our base for the retreat: Casa Fuzetta, Olhao

Casa Fuzetta will be our base for the duration of our retreat.

It is a beautiful property, with a very special energy.

It has twelve stunning bedroom suites, each with its own en-suite bathroom, and gold standard organic bathroom amenities from LA-EVA.

The house has a rooftop pool, dedicated treatment rooms, a meditation sanctuary and beautiful communal spaces that create the perfect setting for us to help transform the energies we will work with into an ethereal fountain of light.

For more information/images, please see: www.casafuzetta.com or follow on instagram @casafuzetta



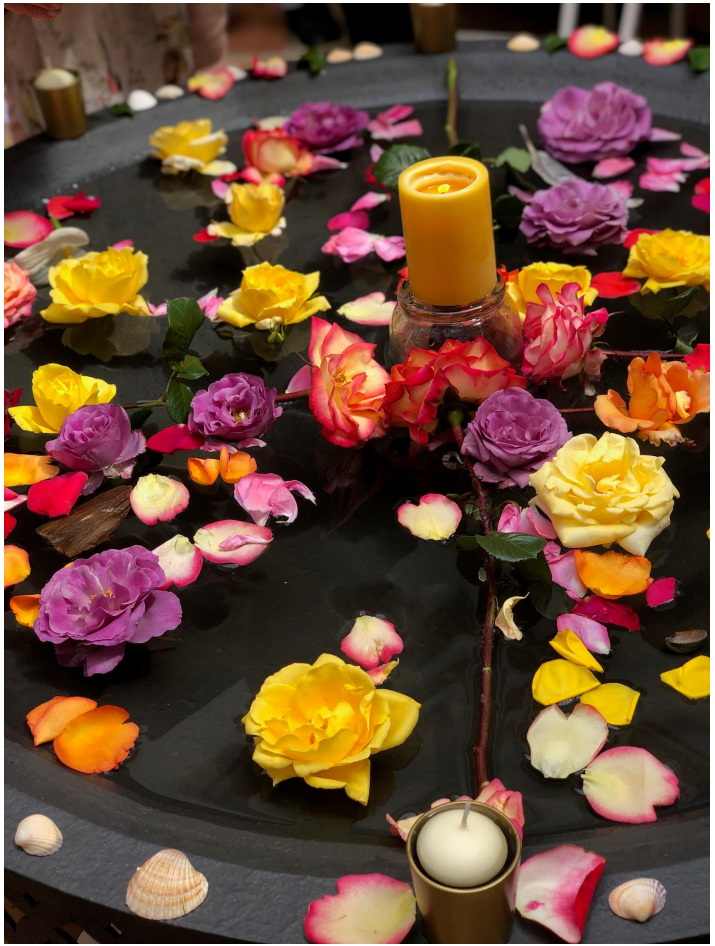
Our approach to pilgrimage

We will start with a day of ‘inner’ work and follow this with three days of ‘pilgrimage’. For us, this means honouring the places we visit by greeting, appreciating and enjoying them, their people and each other.

The principles we follow are to make an effort to love who we are with, wherever we are and whatever we are doing; and to try to do the right thing in the right place at the right time with heart-led good intention, working through the sound of harmony and balance. By right, we mean something loving, inspired and helpful.

By doing so and working as a group within the ‘face of the bull of Europe’, we aim metaphorically to help Europe breathe its physical breath in harmony with the spiritual breath of its alta-major chakra, the British Isles/Europa.

Sarah will lead sacred practice and teach Paneurhythmy dancing. We will dance, sound, sing and quietly attune, honouring the places and all nature. Jonathan will support her in this work.



More detailed itinerary

Wednesday 5th May – Arrive at Casa Fuzetta mid afternoon/early evening; welcome meeting followed by champagne on the roof terrace and dinner.

Thursday 6th May – Breakfast at the house followed by a morning meeting and attunement, we will have lunch at Casa Fuzetta. There will be further teaching and preparation in the early afternoon, and we will spend time together in Olhao. We will have dinner at Casa Fuzetta cooked by a specialist retreat chef

Friday 7th May – Sarah will lead Paneurhythmy devotional movements on the roof-terrace before breakfast. After breakfast we will dance Paneurhythmy at Casa Fuzetta. After, we will take water taxis to Deserta Island and have lunch at Estamine restaurant enjoying the panoramic views and the simple beauty of the island. After lunch we will take fast boats to Faro and walk up to through the ancient walls to the cathedral. We will return to Casa Fuzetta in good time to enjoy the pool and early evening sun before a light supper at Casa Fuzetta.

Saturday 8th May – Sarah will lead Paneurhythmy devotional movements on the roof-terrace. This is Olhao's market day and we will visit and have breakfast in the market. After, we will meet for Paneurhythmy dancing at the Recreativa. After a late morning brunch, we will visit sacred land in the hills above Loule and then go to Silves which will include visiting the Moorish castle. Dinner will be at Casa Fuzetta prepared by our retreat chef.

More detailed itinerary - continued

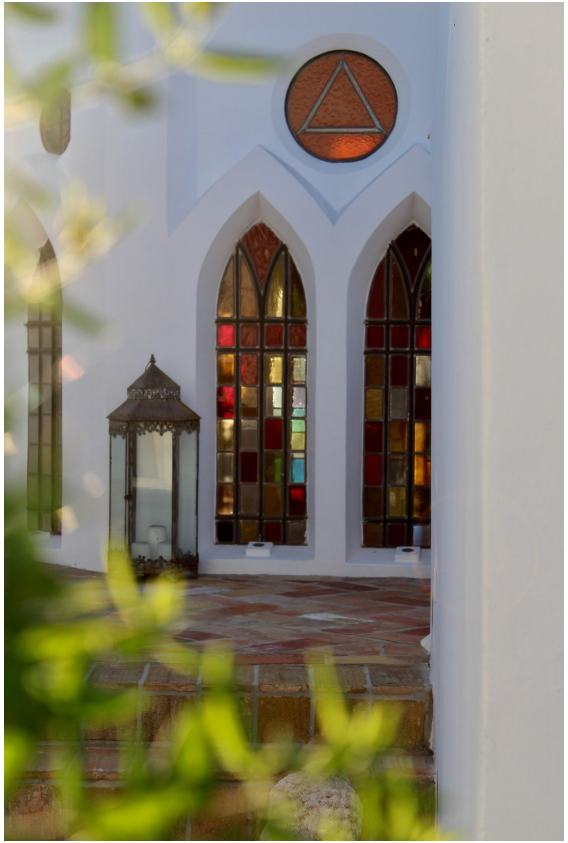
Sunday 9th May – Sarah will lead Paneurhythmy devotional movement on the roof-terrace before breakfast. After breakfast at Casa Fuzetta, we will take cars to Tavira and visit the church, enjoy the town and have lunch in one of the squares. We will visit St Michael's Mountain in the early afternoon. We will return early so that we can prepare for our last meeting and our love feast final celebratory dinner and 'loving cup' ritual.

Monday 10th May – After Paneurhythmy exercises and breakfast, the retreat/pilgrimage ends.

As another group arrives in the afternoon, we must vacate bedrooms by 10.30am.

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







Travel suggestions, Costs & Contact details

Travel Suggestions
Faro airport is the closest airport (20min to Casa Fuzetta by taxi).
There are regular flights with various airlines including Easyjet, British Airways and Ryanair

Cost
Double/ Twin Occupancy at Casa Fuzetta £1,550 per person

Single Occupancy at Casa Fuzetta £1,850 per person

Cost **includes** all entrance fees, breakfasts, lunches and dinners at Casa Fuzetta and in restaurants (save Saturday breakfast at the market in Olhao), car hire, boat taxis, boat trips, and all teaching.

Cost **excludes** flights and transport to and from Casa Fuzetta to airports

Contact details:
Email: jtod@29br.co.uk or sarah@zoence.com

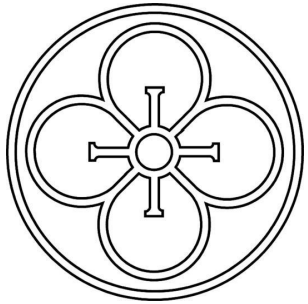
Further links and reading suggestions

Directions to and information on Casa Fuzetta casafuzetta.com/guest-prearrival-info (password: CFGUEST)

ZOENCE ACADEMY - founded by Peter & Sarah Dawkins - please see About Zoence. They have written extensively both on Zoence, pilgrimage and the Wisdom of Shakespeare. For an introduction to pilgrimage, please see Pilgrimage. I would also recommend the Core Truths. For all other publications, please see Books

PANEURHYTHMY - The simplest description is that it is a prayer for the soul through dance and music. These Youtube links provide a wonderful introduction: What is paneurhythmy? and Paneurhythmy in the Rila mountains

BOOKS - For books on the history of Portugal, we have enjoyed: First Templar Nation by Freddy Silva, and First Global Village by Martin Page



CASA
FUZETTA

