

Interlude Gathering ARRÁBIDA DANCE LABS | 21 > 28 NOV - BIOVILLA Regenerative Edition

PART I - 21 > 24 Nov

PART II - 25 > 28 Nov

Thu 21

Fri 22

Sat 23

Sun 24

Mon 25

Tue 26

Wed 27

Thu 28

7h30

Wake Up Call

Wake Up Call

8h

breakfast

MEDITATION

breakfast

MEDITATION

9h

MEDITATION

BIO-ENERGETICS
Body & Breath Work

INTEGRATIVE YOGA
Centered in Unlimited Awareness
Satyama Lasby

free morning

HEARTFULNESS MEDITATION (Raja Yoga)

INTEGRATIVE YOGA
Centered in Unlimited Awareness
Satyama Lasby

10h

CHECK IN ALL TEAM
including volunteers

DEEP TIME WALK

breakfast

SOCIAL PRESENCING THEATRE

breakfast

11h

ARRIVAL + CHECK IN PARTICIPANTS + venue tours

An expedition through Gaia's 4.6 Billion Years from her Birth till Today

Filipe Alves

DEEP CONTACT
Nourishing Intimacy Between Bodies and the Earth

Howard Sonenklar

SILENT SHADOWS
A Butoh Unfolding Experience of Resonance

Fausto Matias

SILENT DAY

11h > 23h

12 HOURS DANCING PRAYER FOR PEACE

Exploring Systemic Pathways to Global Challenges through Movement and Presence

Vasco Gaspar

UNDER BALLET
The Act of Co-Creation

Pedro Paz

UNIVERSAL DANCE
A Moving Chant for Humanity

Constança Morais

13h

MEETING with ALL TEAM
+ team groups

SHARING CIRCLE + ANNOUNCEMENTS

SHARING CIRCLE + ANNOUNCEMENTS

CLEAN UP PARTY

14h

detox juices

lunch

lunch

lunch

15h

SWEAT LODGE RITUAL

A Journey of Purification and Connection to Earth's Elements

Pramod Miguel Bento

EMBODIED ECOSYSTEMS
Dancing from a Deep Ecology Perspective

Pedro Paz

SOMATIC THREADS
Following the Wisdom of the Body

Constança Morais

INTRA CONNECTIONS
Exploring Our Connective Bounds through Contact Improvisation

Howard Sonenklar

17h30

18h

PILATES

Strength, Flexibility and Balance
Cláudia Ambrósio

LIFE-DANCE
Movement as an Evolutionary Process
Constança Morais

WORLD DANCES
Power and Love in Alive Circles
Fausto Matias

ENCHANTED ECHOES

Preparing an Itinerant Dramaturgy of Spontaneous Manifestations

with all Teachers throughout Biovilla Land

CLOSING CEREMONY + DEEP RELAXATION

packing + CHECK OUT

19h

dinner

dinner

dinner

FINAL POEM

Enchanted Echoes of Bodies in Nature

Collective Performance

20h30

OPENING CEREMONY + WELCOME JAM

JAM SESSIONS with live music
The Awareness of Spontaneous Manifestations in Contact Improvisation

Jo Bruhn & Constança Morais

Jo Bruhn & Fausto Matias

SINGING CIRCLE

Community Celebration

SILENT DAY

LAST JAM

with all teachers and all musicians

dinner

special dinner

TRADITIONAL PORTUGUESE RESTAURANT
€25 all Included

22h30

SELF COOL DOWN

free night

COOL DOWN

free night

FAREWELL PARTY!

23h

Silence Call - until 11h next morning

Settle Down Call - Silence until 11h