

## GÜNTER KLINGLER (GER)

**Dancer, Circus artist, Teacher, Choreographer, Artistic Director of *HeadFeedHands***

Günter graduated at the movement-theatre *Scuola Teatro Dimitri* and he worked in *Circus Monti* in Switzerland as a Clown. At the *Kuopion Konservatorio* for music and dance in Finland he deepened his dance skills, performed afterwards in various companies and as „Heinz Herrmann“ in his solo artistic comedy show.

In 2006, he founded the many times awarded contemporary circus company *HeadFeedHands* which continues to tour internationally [www.headfeedhands.de](http://www.headfeedhands.de)

This year he joined the leading team BuZZ – *Bundesverband Zeitgenössischer Zirkus* – which is engaged to establish contemporary circus as an independent art form in Germany.

Günter has also been teaching Contemporary Dance, Contemporary Circus and Contact Improvisation at many universities and education programs. Gestalt Therapy methods influence his teaching work and have become more and more important while he choreographs for the stage. Günter has been working with circus and dance for the last 25 years and is especially interested in how both fields influence each other and enter into the performing arts.

### SITE SPECIFIC MOVEMENT TRAINING

Our movement training will take place outdoors. In an organic way we will warm-up our body from the “inside out”. The use of the breath and a constant sharpening of our awareness are central points of the training. Elements of Contact Improvisation and Parkour will help us to get more familiar with the outside surrounding and the other participants.

In a playful and improvised way we will approach different places to create images and relate our movement to the natural location. Little performances within our own group complete the research and open new perspectives on site specific work. Each day our movement training will have a special focus.

PLEASE BRING: Durable exercise clothing that can get dirty, well-sprung sneakers.

Key words:

- ✓ Flow
- ✓ Improvisation
- ✓ Exploration

## SIMONA PISANO (I)

**Dancer**

Simona studied new dance, improvisation and choreography at the TIP *Schule* – Tanz, Improvisation und Performance – in Germany.

After her MSc in engineering, she decided to follow her true passion for body and movement.

She is drawn to the deepness of working with bodies and energies, focusing on pure physical aspects (structure, mechanism, precision) as well on aspects related to perception (listening, feeling, connection).

Her practice includes various disciplines such as improvisation, new dance, CI, tango and other activities that aim to refine and investigate different ways of creativity and body-awareness.

### IL RISVEGLIO – THE AWAKENING

The meeting is a little bit before the sunrise. A silent walk on the beach brings us on top of *Lo scoglio di Peppino*, a massive rock in the sea in front of the horizon and the sunrise. Connection with the inner and outer worlds through breathing, perceptions with all the senses, micro and soft movements. New and promising day, welcome!

Key words:

- ✓ Settle
- ✓ Grounding
- ✓ Perception

### ELENA VENTURATO (I)

#### **Yoga teacher**

Elena obtained the RYT 200 Multistyle teacher certification in India at *Kashish Yoga*, then she specialised in Aerial Yoga and Yin Yoga.

After her MSc in Art Economics, she spent seven years between Spain and Switzerland working as Financial Controller, then she realised that life is more than material things and she devoted herself to Yoga. She teaches Vinyasa, Yin Yoga and Aerial Yoga in various studios in Verona and organises events and workshops related to yoga, meditation and natural medicine, as she is also an aroma therapist. She practises yoga in international contexts, studying with teachers from different countries and attending high-level internships and teacher training.

Her style is a combination of different influences, alternating stillness and flexibility, dynamism and slowness, in a constant attempt to bring a vision that goes beyond the single class.

### MORNING YOGA FLOW

Wake up. Roll out mat. Breathe. Practice. Smile.

This class is designed to be practiced at sunrise. Starting with a gentle *Suryanamaskar* and building from that place, we explore our physical resistance and we open up to fluidity and allow our body to slowly awake.

Starting our day with intention, conscious movement, rhythmic breathing and a focused mind, we set ourselves up for all sorts of awesomeness in the hours to come.

Key words:

- ✓ Breathe
- ✓ Focused mind
- ✓ Conscious movements

## **SUSANNA GIGLIO (I)**

### **Holistic trainer, Biodance facilitator and trainer**

Susanna is a holistic trainer, accredited by SIAF - *Società Italiana Armonizzatori Familiari*. She became facilitator of Biodanza SRT – *Rolando Toro System* – at *Centro Studi Biodanza* in Bologna and she has been a trainer at the *Scuola di Biodanza* in Sardinia, both IBF schools – International Biodanza Federation –.

She is specialised in Biodance with: children and adolescents, clinic and mental health, neoplasms, AIDS, addictions, identity with instincts/elements/animals, wishes tree, aquatic, clay, neoshamanism, tarots archetypes, voice/music/percussions. Also she has enriched her experience through various practices such as: yoga, naturopathy, Ayurveda, body contact education, Watsu. She is also an ayurvedic and intuitive massage therapist.

In 2012 she attended the Permaculture Training Course at association *SARPA* in Sardinia and since then she has been collaborating with them. She also studies to become a Green Coach at IES – *International Ecopsychology Society*.

Susanna is a Biodance facilitator since 2004 and promotes it with a particular attention on connection with nature and social integration.

## **BIODANZA**

We invite you to discover the life-enhancing benefits of the ‘dance of life’ founded and developed in the 60s by Professor Rolando Toro Araneda, poet, psychologist, artist and anthropologist from Chile.

The dance is based on ‘human movement’ and the joy and poetry of life that brings us an experience of wellbeing, harmony, inspiration and motivation.

The potential of the human being is promoted through dance, as a movement felt and spontaneous, music and situations of encounters in the group. Through the innate wisdom of the body, which is rediscovered and recognised as a source of pleasure, the person finds integration with himself and his profound existential motivations, with his own similar, and with the Cosmos.

Key words:

- ✓ Creativity
- ✓ Affectivity
- ✓ Wellbeing

## **LUCA NULCHIS (I)**

### **Musician, Teacher, Founder and Composer of *Andhira***

Luca completed his piano studies at the music *Conservatorio di Cagliari*.

His sphere of interest extends to different forms of art and research with particular attention to traditional music, especially Sardinian music. He became familiar with Sardinian music tradition from his childhood in his village of Urzulei, one of the most isolated villages in Sardinia where traditional dances and songs are still alive today. Later he decided to deepen his knowledge studying ethnomusicology.

He carries out various educational activities through courses, laboratories and workshops at institutions, public schools, cultural associations and private initiatives. He is a piano and singing teacher at the music school *Scuola Civica di Sinnai* and teaches Sardinian polyphony in Sardinia, continental Italy and Europe.

Luca is the founder, composer and pianist of the *Andhira* which has been performing in several important national and European festivals and exhibitions. It broadcasted live on Italian radio as Rai 1, Rai 2 and Rai 3 and released 2 CDs with the *Ala Bianca* records.

### TRADITIONAL VOICE WORKSHOP + EXCURSION

Voice workshop combined with an excursion to one of the elements of Sardinia's megalithic period (Tombs of the Giants, Holy Wells and Nuraghi).

A day dedicated to body exploration through voice and emission of sounds. We will explore the *Canto a Tenore*, Sardinian traditional way of singing inspired by the sounds of animals such as goats, sheep and cows.

We will go to the Tombs of the Giants *Is Concias*, an archaeological site on top of a hill in a suggestive forest with a little stream; then we will reach the little church of *San Gregorio*, in a very small village, to experience the difference of the sound and its emission in an open and closed surrounding.

This workshop is open to all, also to people outside the retreat. A great occasion to meet and connect further with the place through local people.

Trip (55 Km by car from Costa Rei) and lunch (outside in the nature) will be organised by us.

Key words:

- ✓ Sound
- ✓ Body
- ✓ Space

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*SUPER SPECIAL THANKS TO:*

Eleonore

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Francesca Sechi (I), Martin Niess (D) & Cristina Coffele (I)

TEAM CUCINA

