

## THE SOUTH OF THE BODY

The south is considered by indigenous peoples as an entry to the worlds of emotions, intuition and tenderness. The south corresponds to the development of the self. It is the direction of reconnection and reconciliation. The color associated to the south is red – the color of intimacy, vigor and passion. The element associated with this direction is water, that inspires receptivity, fluidity and adaptability.

The retreat **THE SOUTH OF THE BODY** invites one to dive into the universe of the body in a surrounding of exuberant tropical mountains, crystal waterfalls, red-colored paths and magical birds.

The retreat consists of 2 weeks in a resort in the forest south of Brazil. A space of simplicity and confort, where the participants are received for a period of deep replenishment and reconciliation with the body.

An intense period to develop oneself through workshops that focus on the development of body awareness, the joy of chanting, the mystery of traditional tales and the meditative circular dances.



### LODGING : REFUGIO DOS FALCOES

Located in the heart of the Atlantic Forest at an altitude of 1,200 meters above sea level, the Resort Refugio dos Falcoes presents the perfect opportunity for a harmonic interaction with nature and the eco-system.

## WORKSHOPS

The **Body Awareness** workshops invite us to relax, open up our breathing, rediscover our own body rhythm, enhance the pleasure of moving, calm down pain, recuperate from tiredness and stress.



**Traditional Tales** are oral metaphors from different cultures. Through the use of imagination, symbolic characters and places, we are lead to discover unknown aspects of ourselves.

**Circular Dances** have being practiced since the beginning of times as a way to honour life and to unify men with nature. Hand in hand we dance simple choreographies from different cultures in order to connect us to others through beauty and rhythm.



**Chanting Therapy** is an invitation to be surprised through the music of our own voices. We sing songs from different cultures, evoking the spiritual values common to all humankind.

## GENERAL INFORMATION

Dates : April 2<sup>nd</sup> to 16th , 2007  
Cost:3,789\$/ person  
Deadline to register: february 2<sup>nd</sup> , 2007  
Number of participants: min.10, max. 16

### THIS COST INCLUDES :

- \* Flight ticket Montreal-Rio-Montreal
- \*12 nights lodging in Refugio Dos Falcoes ([www.refugiodosfalcoes.com.br](http://www.refugiodosfalcoes.com.br))
- \*2 nights lodging in Rio de Janeiro
- \* All transfers
- \* All workshops
- \* All guided tours including in Rio de Janeiro
- \* One massotherapy session
- \* All meals
- \* Taxes

### THIS COST DOES NOT INLCUDE:

- \* Insurance
- \*Personnal expenses
- \*Tips



## TOUR LEADER AND CREW

**Débora Bolsanello** is Brazilian and lives in Canada. She has worked as a somatic educator in Brazil, Canada, and Peru in different women centers, universities, within institutions devoted to drug addiction and in hospitals with cancer and aids patients. Debora Bolsanello holds a BA in anthropology, where she has researched the role of culture in health. She holds a master degree in Somatic Education where she researched the application of body awareness workshops with drug addicts in treatment.

**Isaias Mostowski** is a multi-musician and co-creator of the Chanting Therapy. He is a researcher on the healing power of sound and he offered workshops in Argentine, Uruguay and Brazil.

**Patricia Azarian** is an educator specialized in Circular Dances. She is a trainer in Brazil and Germany.

**Pablo Bursztein** is a psychologist and he did a master degree on Social Ecology. He is specialized in Hypnotherapy and is a Neuro-Linguistic Programming (NLP) trainer. He has worked with drug addicted using Traditional Tales as a therapeutical tool.



## REGISTRATION

Deposit: non-refundable 500\$ before February 2<sup>nd</sup>, 2007  
Balance: 45 days before departure.

Enroll as soon as possible,  
Limited space.

### Information and reservation :

Débora Bolsanello  
Tel: (514) 529-3317  
[deborabolsanello@yahoo.com](mailto:deborabolsanello@yahoo.com)  
[dbolsanello@movimentoes.com](mailto:dbolsanello@movimentoes.com)  
[www.movimentoes.com](http://www.movimentoes.com)

### Information on-line about lodging :

[www.refugiodosfalcoes.com.br](http://www.refugiodosfalcoes.com.br)

### Information on-line about program /application form :

[www.biz-info.ca/spiritours/fr/momentum\\_bresil.htm](http://www.biz-info.ca/spiritours/fr/momentum_bresil.htm)

### Meeting with the retreat guide Débora Bolsanello

Tuesday the 16th January 7PM in the Centre Communautaire: 4245 Laval, Montreal (metro Mont-Royal).

Free entrance. Please confirm your presence.

Travel retreat organized in collaboration with :



(accredited travel agency- a division of Spiritours)

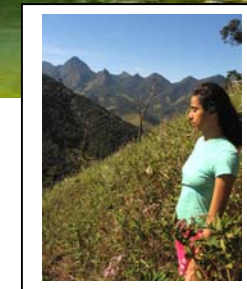
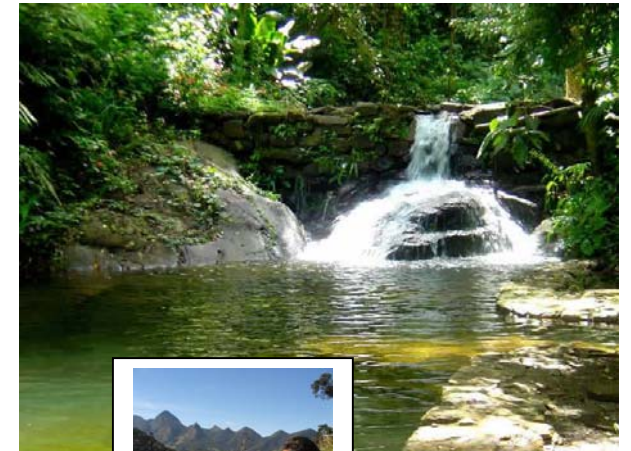
[www.spiritours.com](http://www.spiritours.com)

## BRASIL

### THE SOUTH OF THE BODY

Travel-retreat: Body awareness, chanting,  
tales & circular dances

April 2nd to 16<sup>th</sup>, 2007



Accompanied by: Débora Bolsanello, founder of **MOVIMENTO**: Workshops and research on Somatic Education. [www.movimentoes.com](http://www.movimentoes.com)

