

● Workshops tutors



Sabine Sonnenschein (AT)

Sabine Sonnenschein is clinical sexologist, tantra teacher and dance teacher. She has been a choreographer and performer since 1992 and has developed a tantric approach to life since 2004.

She teaches a fusion of tantric perspective on the world and dance as a practice of living. She has been introduced to Kashmir Tantrism and Kashmir Yoga of Touch by Daniel Odier.

<http://www.tantrischekoerperarbeit.at/>

Benno Enderlein (D)

Benno studied dance from 1989 to 1993. He is a full time dancer and dance teacher as well as organizer of CI events. He also practiced Shiatsu since 1991 as a treatment and in combination with CI.

He is co-founder and organizer of the international Contact Festival of Freiburg.

<http://www.dolphin-touch.de>

Assistance : Christian Neher (AT/DE)

Christian is yoga teacher, gestalt therapist in education. Coming from martial arts, he had a long and successful career as tournament dancer. The last years he intensively studied CI with international teachers. He also teaches CI. He started with tantric practices in 2009.

He works together with Sabine Sonnenschein since 2011.

● Useful information

Schedule

Monday : welcome jam from 20 h.

Tuesday : 9h30 opening circle. 10h30-18 h Contact Improvisation & Tantra with two breaks. 20 h night jam.

Wednesday & Thursday : 10h30-18 h Contact Improvisation & Tantra with two breaks. 20 h night jam.

Friday & Saturday : 10h30-18 h Contact Improvisation & Tantra with two breaks. 19h30 Tantric Massage & Dance.

Sunday : 10h30-13h30 Contact Improvisation & Tantra lunch break 14h30-17h00 Contact Improvisation & Tantra. Closing circle.

1-2 sessions on the beach.

The workshop takes place just besides Morlaix, on the north west coast of Brittany, 4 hours from Paris by train. We can pick you up at the station of Morlaix. The studio is very nice with view on the sea.

Lodging can be in the **camping located at 200 m from the studio**. You can bring your own tent or sleep in a dormitory (maxi 20 persons). Price is 6.5 € per night. On our web site, you may find others lodging opportunities around the village.

The food is included in the fee : during the festival, the **catering is** a nice vegetarian, organic and generous food (mainly gluten free). Graines de Soi will provide snacks and food for breakfast.

Caution :
registrations are limited to 40 participants !

All additional information can be found on the website www.grainesdesoi.com cellphone : 00 33 632 45 29 08

Photo credit : Christian Neher, Patrick Créac'h, Robert Peres



CONTACT IMPROVISATION & TANTRA

Two intensive workshops, jams and massage

July 5th-10th, 2016

in Saint Jean du Doigt, BRETAGNE (FR)

A patchwork of landscapes, colors, atmospheres, emotions and sensations !



Workshop description

This year we offer two workshops

You are welcome to stay for the whole week and attend both ! You are also welcome to just join one of them ! The first workshop is a introduction and is designed **for beginners and advanced in Contact Improvisation (CI) and/or tantra**. The second workshop is created **for advanced in CI and tantra** and all, who already took CI & Tantra workshops with Sabine Sonnenschein the last years.

July 5th-7th CONTACT IMPROVISATION & TANTRA I

Introduction with Benno Enderlein (DE) & Sabine Sonnenschein (AT) for beginners & advanced in CI and/or tantra

In these three days Benno and Sabine introduce into Contact Improvisation (CI) & tantra as a **wholesome and joyful practice of high awareness**.

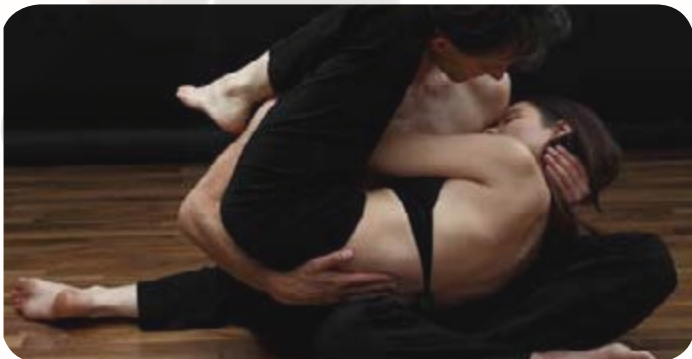
When we dance, our body, soul, spirit and mind are involved. CI is not only about our body.

July 8th-10th CONTACT IMPROVISATION & TANTRA II

With Sabine Sonnenschein (AT) Assistance : Christian Neher (AT/DE) for advanced in CI and tantra

These three days are for advanced in CI and tantra. You are ready to join, if you attended CI & tantra with Sabine 2014 or 2015 or the workshop from July 5th-7th.

We will focus on **Kashmiri (dance) meditation** and **tantric breathing exercises** on your own as well as with a partner, based on Kundalini Tantra by Swami Satyananda Saraswati. We will celebrate the **tantric Kashmiri massage** and come into a CI dance **directly out of the massage** (more details on our website).



Who is it for ?

To these one week intensive all genders are welcome ! Some experience in meditation is needed for participation.

The workshops will be held in English with translation into French.

You are welcome to participate with your partner(s) or without. If you come with your partner, please clear with your partner which exercises you do together and which you don't. Before each exercise you will be informed, whether the exercise is short or long and deeper.

Concerning the massage, it is great to be done naked, but according to your personal limits it is your personal choice, how much you decide to wear.



Specials will be (details on our website)

- **Meditation and dance on the shore** : Thursday afternoon.
- **Intense oil ritual**
- **Magical cacao ritual**
- **Jams** : on Monday & Thursday evening, we welcome you through a jam in the studio. There will be another jam on Tuesday evening and a last jam in a café close to the sea on Sunday evening for those who want to stay.

Registration form

Workshop contact improvisation & Tantra

With Sabine Sonnenschein & Benno Enderlein
July Tuesday 5th to Sunday 10th

SAINT JEAN DU DOIGT (Brittany, France)

Name, first name	
Adress	
Zip code, Town	
Country	
Email	
Phone	

The price includes the 3 or 6 days workshop, massage and jams sessions, meals from Tuesday noon to Sunday noon included.

	All levels	Advanced	All levels
Workshop July 5-10 2016	July 5 to 7	8 to 10	All week
Full fare	250 €	270 €	490 €
Registration before May 31rst	220 €	250 €	450 €
Unemployed, students	180 €	200 €	360 €
TOTAL			

Your registration will be valid after the payment of the deposit : 100 € on the following account :

Account holder : Graines de soi

Iban : FR76 1558 9228 0202 3137 3194 079

BIC : CMBRFR2BARK

You will receive a mail to confirm your registration and we will give all the useful informations.

In case of cancellation, the deposit will not be repaid after June 10 th.