

## Workshops tutors



### Sabine Sonnenschein

Sabine Sonnenschein is sexologist (sexualtherapeutic method Approche Sexocorporel), 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.

She has been involved with sensitizing the body since 1990, and Contact Improvisation since 1991. She has training in tantric full body massage. She gives workshops focusing on the fusion of Tantra and Contact Improvisation since 2010.

<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. More fields of interest and teaching are Water-Contact, Contango and Contact & Tantra as well as the organisation of Dolphin journeys.

Benno is interested in CI as a research area. CI is the center of the study. In CI we can have so many beautiful, joyful, inspiring encounters with ourselves and with others.

All these meetings reflecting our life and habits in a surprising and playful way.

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

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

## Useful information

### SCHEDULE

**Wednesday** : Welcome jam from 20 h.

**Thursday** : 11 h opening circle. 11h30-19 h Contact Improvisation & Tantra with two breaks. 20 h Night jam.

**Friday & Saturday** : 11h00-19 h Contact Improvisation & Tantra with two breaks. 19h30 Tantric Massage & Dance.

**Sunday** : 11 h-13h30 Contact Improvisation & Tantra lunch break. 14h30-17 h 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 provided** by Amaury and Gabriel : a nice vegetarian 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](http://www.grainesdesoi.com)  
cellphone : 00 33 632 45 29 08**

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



## CONTACT IMPROVISATION & TANTRA

4-day intensive workshop, jams and massage

August 27<sup>th</sup>-30<sup>th</sup>, 2015,  
in Saint Jean du Doigt, BRETAGNE (FR)

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



## Workshop description

### What is Contact Improvisation & Tantra ?

During this workshop, Sabine Sonnenschein and Benno Enderlein will focus on Contact Improvisation as a spiritual experience including inner energies and emotions. We explore spaces of encounter, in which individual personality, eye contact, qualities of touch have the same importance as physical presence. **Our base is the encounter with yourself.**

You will increase the awareness of subtle sensations, emotions and energies in your body and you will feel your physical body in **dancing a solo, a duo or dancing in a group !**

**Breathing exercises** (from Swami Satyananda Saraswati) will bring awareness to the chakras and will activate them. You will dance and meet others from the centre, the pelvis and the space of the heart (anahata).

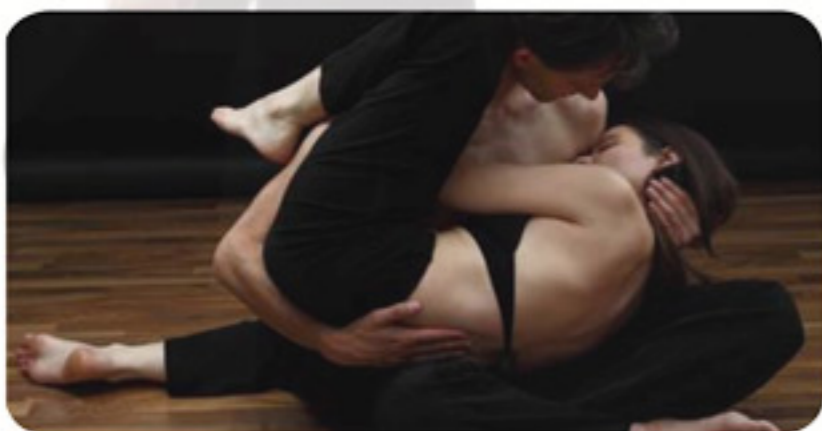
You will explore how your mental activity influence your dance, your behaviour and this will offer you **new and unexpected options and experiences.**

Has your awareness the tendency of being more directed to the outside, to the others and to the world around you rather than to yourself ? How is your personal balance between awareness to the outside and to the inside ? Which kind of balance makes you most happy in dancing (and living) ?

We will activate our **higher chakras** and their refined energies.

We will experience our intuitive as well as spiritual potentials and abilities by activating ajna chakra and the pineal gland.

**Tantric breath and energy circles will be practised.**



## Who is it for ?

We will be practising in a mixed gender group. You may join this workshop alone or with your partner. In CI you normally change dance partner quite often. If you come with your partner, you can also choose to do most or all of the exercises together, if both of you wish.

**The teaching in english will be translated into french.**



## EXTRAS

### Kashmiri tantric massage

You will be introduced to Kashmiri tantric massage, which is a intimate and very intense tantric massage. Direct out of the massage we will find into a dance.

### Dance and meditation at the sea

Our studio at Saint Jean du Doigt is on the sea. We will also meditate and dance on the shore.

### Jams

On wenesday evening, we welcome you through a jam in the studio. There will be another jam on Thursday evening and a last jam in a café close to the sea on Sunday evening, for those who want to stay.

## Registration form

First Name	
Last Name	
Adress	
Zip code	
City	
E-mail	
Phone	

Workshop August 27 - 30 2015	Before 07/20/15	Rate	Nb of people	Total
Full-fare	300 €	330 €		
Unemployed, student fare	250 €	280 €		
Total				

**The price includes the four days workshop, massage sessions, 7 meals from thursday noon to Sunday noon included.**

**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 august 10 th.