

A THREE-DAY EXPERIENCE IN NATURE
TO RECONNECT THROUGH MOVEMENT,
MUSIC AND HUMAN CONNECTION

AIDA DOMINGUEZ & CARLA SIMONE

Between Breaths

MUSIC, MOVEMENT
& DEEP HUMAN CONNECTION

9-11
OCTOBER

ELIZABETH,
ILLINOIS



QIGONG, HEALING DANCE & HEALING MUSIC

INFO AND RESERVATIONS:
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Hidden Hollow Farm
9108 S Massbach Road
Elizabeth, Illinois 61028



Movement, music and presence...

Step away from the noise and into a 3-day immersive experience in nature, where music, movement, and presence become a bridge to a deeper connection.

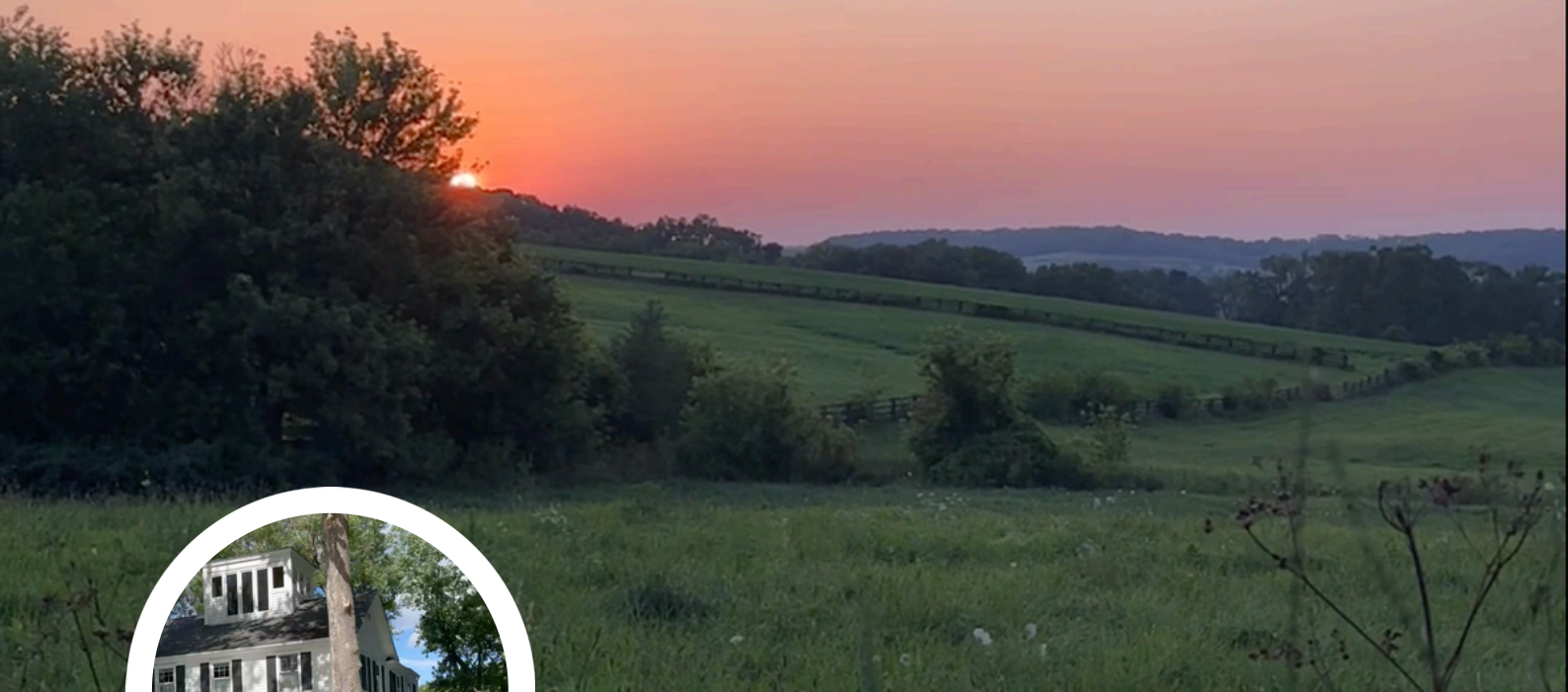
A space to meet yourself, meet others, and rediscover the beauty of being fully here.

When?

From Friday, October 9, at 4:00 p.m. until Sunday, October 11, at 6:00 p.m.

Where?

Elizabeth, Illinois



Greene's family Farm

Greene's family Farm in Elizabeth will be our home for the weekend. There, we'll find everything we need to escape the daily hustle and bustle and focus on what matters most: our inner selves. A sea of greenery, meadows, trees, silence, and ponds will provide the perfect setting for this experience. We have a house that can accommodate up to 10 people, which will make this retreat an intimate experience. Rooms will be shared, and if the weather cooperates, we'll be able to enjoy many outdoor activities while immersing ourselves in nature.



Breathe...

In this retreat, we will experience a deep connection by exploring the basic movements of life: inhalation, pause, and exhalation. These three moments, which occur continuously in our breath, are, in a way, the foundation of almost all the actions we take.

Exhalation shows us the need to let go, to release all those life situations, emotions, and things that no longer serve us. It is the best way to lighten the load so we can keep moving forward.

The pause between inhalation and exhalation invites us to contemplate, to reflect, to become deeply aware of why we do what we do and how we would like to do it. The pause invites us to feel our being in the present moment.

Inhalation invites us to take what we need, what nourishes us, what does us good. It invites us to know how to receive without guilt and to allow ourselves to be given to.

To experience these three basic movements of life and become deeply aware of them, we will use QiGong, Healing Dance, Healing Music, and Collective Body Music.



QiGong

QiGong is an ancient art developed in ancient China that allows one to move Qi, or vital energy, through body movement, breathing, and intention. QiGong is an essential tool for maintaining the health of our vital organs, joints, and emotions.





Healing Dance

Dancing is one of humanity's oldest spiritual legacies. In this type of dance, we use intentional movement, music, and poetry to open our consciousness to new spaces. In this way, we can perceive the sacredness of our own bodies and the connection between our being and our surroundings.



Healing Music

Music is fundamentally a vibration that floods all our cells when we listen to it. Creating that vibration with the right intention generates a special harmony throughout our entire being—in our physical, mental, emotional, and spiritual bodies. We will offer different moments in which participants can receive healing sound, and others where they can participate in the musical process through vocal improvisation and body percussion games.





Schedule

Friday 10.9

- 4:00 PM QiGong: *Letting Go, Emptiness*
- 6:00 PM Healing Sounds Concert
- 7:30 PM Dinner

Saturday 10.10

- 9:00 AM. QiGong: *Pause*
- 10:00 AM Breakfast
- 11:00 AM Nature Walk (Optional)
- 12:00 PM Collective Music Experience
- 2:00 PM Healing Dance
- 3:30 PM. Lunch
- 5:00 PM Nature Walk (Optional)
- 6:00 PM Healing Sounds Concert
- 7:30 PM. Dinner

Sunday 10.11

- 9:00 AM QiGong: *Inspiration*
- 10:00 AM Breakfast
- 11:00 AM Collective Music Experience
- 1:30 PM Healing Dance
- 3:00 PM Lunch
- 4:00 PM. Nature Walk (Optional)

Our Team...

Aída Domínguez



A practitioner of Traditional Chinese Medicine and a teacher of Sacred Dance and Healing Music for over 25 years. Singer and dancer. Trained at the Neijing Tian School under Master Jose Luis Padilla, Aída has led Sacred Dance seminars in numerous countries across Europe and Latin America. After studying the techniques of Música do Círculo, she now invites us to merge the experience of sacred dance and collective music as a means of deep connection with our own selves and with the collective.

More info about her: www.aidadominguez.com



Carla Simone

Carla Simone is a practitioner of Traditional Chinese Medicine, vibrational tuning fork therapy, and Qigong instruction. She is a singer-songwriter who uses music as a path for self-healing and to extend that healing to those who are willing to be moved by her music. For many years, Carla has explored salsa, tango, samba, and other rhythms as tools for healing, leading seminars and experiences throughout Europe and Latin America.

Price

630\$

All included

580\$ Early Bird

Before September 1st

Includes:

Access to activities.

Dinner on Friday.

Breakfast, lunch, and dinner on Saturday

Breakfast and lunch on Sunday.

Coffee breaks.

Accommodations

Reservations:

intencionsanadora@gmail.com

Since space is limited, a \$100 deposit is required to secure your spot.

LOOKING FORWARD TO...



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