



Guido Tuveri

Performance Works



Guido Tuveri's CasaOliva

Retreat Center for Arts and Healing
in Guspini, Italy on the island of Sardinia



Dancing for joy or *you dance like a God* are very common expressions. Why do you think that mythology has always linked creative powers with gods that danced? In our workshops we don't want to forget the spiritual side of Dance, which really transcends the body. Here we dance and heal at the same time. Creative expression and creative movement is a fountain of wellbeing. Summer in Sardinia is instilled with the passion, beauty and power of nature. Through the use of meditation, yoga and dance you can find in one of our retreats the possibility to re-balance and re-center yourself on what is important in your life.

Dance like a God. Dance for joy. Dance like you never have before.

If you are searching for something deeper, for an experience that will absolutely change your life and the understanding of your body, then this workshop is for you. Here you have the chance to let go of all the speed and the drama and the stress of your normal life, and at the same time you can immerse yourself in the slow and picturesque Sardinian country side and find a new prospective, a new sense of wellbeing.

For program options, fees and additional information, contact guidotuveri@gmail.com.

Meditation and Contemplation help you to find stillness. In stillness you find movement and with movement you find joy and creative expression. We consider Yoga and Dance interrelated and complementary. With yoga you devote yourself completely to the creative spirit, and with Dance you celebrate it.

In our workshops we focus on:

- ✚ Centering the body bringing the awareness in the moment.
- ✚ Healing through movement and sounds.
- ✚ Creating our own idiosyncratic movement in nature, exploring the different qualities of movement whether you move on a beach on a mountain in a forest on top of a lava block or in the grounds of an archeological site.
- ✚ Reinforcing positivity and increasing self-confidence.
- ✚ Strengthening presence and performance skills.
- ✚ Bringing devotion into movement.
- ✚ Create Movement-ART and perform it.

The *Retreat Center for Arts and Healing* is located, in the southwest part of the island of Sardinia, Italy. Attached to the Geo-mineral Park Of Montevecchio and Ingurtosu the retreat center is on the beautiful hillside of the town of Guspini. The amazing coast of the ancient Mediterranean Sea, with its many wonderful sandy beaches of the color of gold it's only 20 miles away from here. There are several ways to get to Sardinia, some really cheap. Find out at your travel agency or over the internet. Your arrival city in Sardinia would be CAGLIARI, or ALGHERO, or OLBIA. You can fly in from everywhere in Europe, or you can take a boat ride for about 40 euros in first class cabin, from the Italian mainland or from France. Enjoy your ride to this incredible island!

Guspini sits on top of some of the oldest volcanoes of the continent. Lava rocks, basalts and other volcanic formation are abundant here. The mines all around the area (now the geo-mineral park of Montevecchio e Ingurtosu) were already in use by the shardanas over 1500 years BC. The archeological sites close by are breath taking.

Accommodations

There are a variety of accommodations in Guspini available at a range of prices. Camping is also allowed at the retreat center for 8 euros, and there is the possibility to be hosted by families. Contact us for help. As some categories of accommodation fill quickly, it is best to reserve early.

To sign up for a workshop please write to:

GuidoTuveri@gmail.com

Or call: + 39 348 472 5728
