

**DANCE THERAPY WORKSHOP WITH THE "PRIMITIVE EXPRESSION"**

**AT DREPANO (ARGOLIS-GREECE)**

**17-20 SEPTEMBER 2021**

**«Catharsis, yesterday and today"**

**with France Schott Billmann,**

**Eleni Chatzigeorgiou and Katerina Stavrou**



Long before modern Western medicine, people knew how to heal and did not separate body care from mind care. For them, the concept of the psychosomatic was self-evident: an abdominal pain or a melancholy condition could come from the same cause, which is why it had to be treated, with both medical (herbal) and spiritual methods.

This system still works in the vast majority of traditional therapies with animistic origins, whether they are shamanic or possessional. So we find it in China as well as in Africa, while it survives even in informal Western folk medicine.

Treatment is based on cleansing from toxic "poisons", both physically and morally. The Greeks called it catharsis (purification), with music and dance playing a leading role, and psychoanalysis adopted this term through a different perspective, which is not, however, unrelated to its original meaning.

We have all maintained an animistic background, which makes us revisit today with interest the laxative aspect of those traditional therapies. In this seminar we will study some examples and consider their impact in relation to the pandemic that afflicts humanity.

**Seminar coordinators:**

-France Schott Billmann: Psychoanalyst and Dance Therapist with Primitive Expression, teaching at the University of Paris 5- René Descartes, at the Sorbonne, in the Master of Art Therapies. Founder of the Atelier du Geste Rythmé in Paris, the DRLST Association (Dance, Rythm, Social Link, Therapy) and the DRLST International Training. Author of numerous books and articles on dance and dance therapy.

e-mail: [france.schottbillmann@gmail.com](mailto:france.schottbillmann@gmail.com)

-Katerina Stavrou: Dance Ethnologist, Dance Therapist and DRLST Instructor.

e-mail: katstavrou@gmail.com

-Eleni Chatzigeorgiou: Psychologist (Univ. of Athens), Gestalt Psychotherapist, DRLST Dance Therapist-Instructor, DRLST training pedagogic responsible in South Greece, Choreographer

e-mail: psycorps8@gmail.com

-Ayelet Ranen: DRLST Therapist and Instructor in Israel

-On percussion: Vasilis, musician

**Seminar cost:** 280 euros

**Seminar duration:** 20 hours

**Days and hours:** Start: Friday 17/9/2021, time 17.30

Expires: Monday, 20/9/2021, time 13.30

**Place:** Hotel "Triton" in Drepano, Argolis

### **PRACTICAL INFORMATION**

**Location:** Drepano is a holiday settlement in the Argolic Gulf at a distance of 10 km from Nafplio, on the road to Tolo. (Peloponnese)

The seminar will be held at the "Triton" hotel, which also has a semi-outdoor room and an outdoor area for our practice.

**Accommodation:** The nights will be in the same hotel, which has a main building with swimming pool and sea view, at a distance of 5-10 'walk from the beach, but also seaside camping with beautiful tropical wooden huts and caravans as well as the possibility to set up one's own tent.

#### **Accommodation costs:**

In a double room of the hotel: 45 euros per person, breakfast and 1 buffet meal with wine and soft drinks included.

In a tropical double hut or caravan of the camping: 15 euros per person, without breakfast and meal.

In a tent owned by the participants, 10 euros per person, without breakfast and meal.

Breakfast optional for those staying at the camping: 5 euros per person.

Buffet meal optional for those staying at the camping : 15 euros

**Deadline for applications and deposit** (80 euros) until September 5, 2021

Relevant information will be sent to those interested when registering.

**Important note:** It is highly recommended to those who register, to have with them a vaccination certificate or a certificate of recent molecular, rapid or self test and the most necessary accessory, the mask.

For more information and clarifications: Katerina Stavrou, katstavrou@gmail.com, tel. 0030 6972862819

**ADDITIONAL INFORMATION ABOUT THE AREA:** Drepano is a holiday settlement of Argolis, whose the picturesque town of Nafplio is the capital. Argolis is an area where important prehistoric and historical centers of Greek culture developed, such as Mycenae, Tiryns, Argos, associated with the Trojan War, Epidaurus with the sanctuary of Asclepius, god of

medicine and the famous for its acoustics theater of the 4th c. BC, Nafplio, the first capital of Greece after the Ottoman occupation, with its Venetian castle and the island-castle Bourtzi in the middle of the Argolic Gulf, a trademark of the city, etc. Nafplio is a protected settlement and starting point for one to extend one's vacation in the area or visit as well the islands of Poros, Hydra, Spetses.

Some photos from the "Triton Hotel" and its camping area.

