

# Spring retreat at **Matva Sei** in **Italy**

with Berit Hague, assisted by Liina Lehtla

29 April – 5 May 2018



Matva Sei is situated in northern Italy surrounded by beautiful nature, gardens, interesting places to visit and owned by a little group of Scandinavians who want to create a place for people to reconnect with their nature, their inner power, with each other and to be able to enjoy the beauty of our Earth. [www.matvasei.com](http://www.matvasei.com)

Here we will have 5 days together, **dancing The 5 Rhythms**, enjoying the place and explore the surroundings with fantastic alpine nature.



Each day we will have a 3 hours dance workshop related to where we are in our lives right now. We will do walks, hopefully to The Sleeping Beauty (if weather allows) and walk the Druid paths – the Sacred Path in the Val Chuisella and The Path of the Soul. We go to incredible **Damanhur and see the underground Temples of Humankind**. And we will visit local villages and have our lunch or dinner in restaurants there that day. Please find attached documents/links to mentioned places.

You order your own flight ticket to Milan or Turin. Closest Airports are Torino Caselle (45 min) and Milano Malpensa (1,5 hrs). If you fly to any Milano airport – you can take the bus or train to Milano Centrale and then you can go by train. Closest Train station is Ivrea, from where you can be picked up.

We stay at Matva Sei. All rooms are very beautiful with their own bathroom and you will share room with somebody. Of practical reasons Liina and I will need to decide where people are going to live. But we will of course collect all wishes of who wants to live with whom a.s.o.

We eat our breakfast at Matva Sei every day and one of the other meals. The 3<sup>rd</sup> meal may be in a restaurant in relationship to our event of the day. If you are not interested in the events or eating outside of Matva Sei this is possible if it is agreed when you book.

**Price** including staying at Matva Sei 6 nights, 6 breakfasts, 7 meals (lunch or dinner) and 5 Rhythms dance workshop is 730€.

Booking fee: 300€ paid by 1 March, the remaining fee 430€ paid by 1 April.

**This is not included in the package price:**

Transportation from/to airport, transportation to our walks and local restaurant and to Damanhur:

Pick up Milano Malpensa (one way)

max 8pers van €150

max 4 pers car €120

Pick up Torino Caselle airport (one way)

max 8 pers van approx €100

max 4 pers car €60

Transport to local restaurant

Max 8 pers van €35-50 both ways

**Events**

Hikes: Transport €50 for 8 people (both ways), Tourguide €60

Visit to Damanhur incl. Temple:

Entrance €66/person

Transport € 40 both ways

(Tourguide € 20 + entrance)

In Estonia – info: Liina Lehtla [liina@inspirekeskus.ee]

In Sweden – [berit.hague@livsdansen.se](mailto:berit.hague@livsdansen.se), [www.livsdansen.se](http://www.livsdansen.se)

[www.matvasei.com](http://www.matvasei.com)

**Warmly Welcome!**

