

SCHEDULE

FARAWAY IS CLOSE SPAIN
NOVEMBER 12-16, CAPILEIRA

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PREFACE

- Please note this is a TENTATIVE SCHEDULE sample.
 - The SUN is strong in Capileira - it is known for its almost year around sunshine but it's also high - about 4,711ft (1.436m) above sea level; sometimes in the fall, mist and clouds waft into town. Other times, it might rain. Or we might get a windy afternoon. The Moors called the Sierra Nevadas the mountains of Sun and Wind. So - we adapt our program to these mountains and the weather, be sensitive to the changeable elements within and without.
 - The roads of Capileira are uneven stone paved streets - comfortable thick soled shoes are a must for the town and for the paths (which are often more even than the streets!)
 - Our walks are short in distance and long in lingering - we take our time.
 - Our writing sessions are woven with movement and metaphor, with readings, inspiration prompts, writing, and sharing.
 - One on one sessions with Shebana (for writing) and Sonia (for bodywork) are scheduled individually with each participant upon their arrival.
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TUE, NOV.12 - EARTH, WHAT GROUNDS & ROOTS

9am-1pm

Writing Session with Shebana - EMBODY EARTH

10-11am with Sonia: Move into the present,
dance and stretches to music from the Alpujarras

1pm

WELCOME LUNCH TOGETHER

4pm-5:30pm

Walk into Equilibrium: a short silent walk towards the river, to greet the elements, accompanied by visualization and words to invoke la tierra dentro, the interior landscape, and awaken the intuition of the earth body.

5:45-6:30pm

TEA WITH...a Guest from Capileira - (possibly "los primeros hippies de Capileira" a couple who came in the 1970s from Madrid to make a break with the past and live on the land)

WED, NOV.13 - WIND - WHAT MOVES, EMOTIONS

9am-1pm

Writing Session with Shebana - SUMMON THE WIND, MOVE WITH EMOTIONS

4pm

Memories in the wind: revisiting the past with a guided MUSEUM VISIT with Lurdes and Agustin, stories of Eras gone by and objects. 45min Museum visit followed by...

5pm-6:30pm

TEA....and continued conversation with them + perhaps Elders from the village to continue stories of the past + some guided visualizations and movements together on what objects remember...the stories moving through the wind and some bilingual writing between the residents and the participants mixing memories and fiction.

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THU, NOV.14 - FIRE – WHAT SPARKS, SUSTAINS

9am-1pm

Writing session with Shebana -WHAT ILLUMINATES, WHAT SUSTAINS PASSION

4-5pm

An INTRODUCTION TO FLAMENCO with Cristina of Flamenco La Fuente
- movements to evoke the fire of this ancient dance.

5-6:30pm

Tea with SONGS. A GUEST brings his guitar and old Al Pujarras songs to share around the fire.

FRI, NOV.15 - WATER – WHAT RUNS, WHAT STILLS

9am-10am

Writing with Shebana: WATER - WHAT RUNS, WHAT STILLS THE SOUL

10am-12pm

(BRING A PACKED LUNCH)

A special EXCURSION with SONIA and JAIME who are both water sensitive spirits to greet trees and plants that live in their love of water, like chestnuts and willows. An invitation to create oral poems and spoken word inspirations in special water places to reconnect to the body's awareness of water within, its own intelligence.

EARLY LUNCH TOGETHER (bring a packed lunch)

1-4pm

Writing Session with Shebana-

TIME FOR TAKE HOME ASSIGNMENT STORYPOEMS ON THE ELEMENTS AND THE ROAD AHEAD

(at the almost end)

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SAT, NOV.16 - AETHER – WHAT ENCLOSES, WHAT DISPERSES, EVERYWHERE, NOWHERE

9am-1pm

Writing session with Shebana -
WHAT SURROUNDS US, WHAT LEAVES US
Sharing reflections and writings on impermanence

4 pm

GATHER YOUR POEM:
your Own Elemental Nature Walk

5pm-6pm

Speak and share poems and objects
Create an object poem mandala

6-7pm

CLOSING SESSION WITH EVERYONE

7:30pm

GROUP DINNER TOGETHER

**QUE LES VAYA BIEN
MAY YOU LIVE THE STORY ONLY YOU CAN TELL**
