

SCHEDULE

FARAWAY IS CLOSE SPAIN
JUNE 1-7, CAPILEIRA

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NOTES

- Please note this is a WORK IN PROGRESS SCHEDULE
 - 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.
 - 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. We will adjust our walks due to everyone's capacity and/or break up in smaller groups, according to walking comfort level.
 - Our writing sessions are woven with movement and metaphor, with readings, inspiration prompts, writing, and sharing.
 - We strongly encourage you to arrive the weekend before the workshop starts so you are well rested and ready to go on Monday.
 - Your hour-long individual bodywork sessions with Sonia will be available starting the weekend (Friday/Sat/Sunday) before - it will do wonders with jetlag - or the weekend after the workshop - if you prefer to have the session at the end. And certainly, they will be available during the week.
 - One on one sessions with Shebana (for writing) will be scheduled on arrival.
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MON, JUNE 1 - EARTH, WHAT GROUNDS & ROOTS

9:30am-12:30pm

Writing Session with Shebana - EMBODY EARTH

12:30pm-1:30pm with Sonia

Earth and Sky movements, dance, stretch
to music inspired by the history the Alpujarras

1:45pm

WELCOME LUNCH TOGETHER

4:30pm-5:15pm

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.

TUE, JUNE 2 - WIND - WHAT REMEMBERS

9:30am-1pm

Writing Session with Shebana
SUMMON THE WIND, MOVE WITH EMOTIONS

Lunch on your own

6-8pm

TABLE OF STORIES

Tea, sharing and storytelling with some Capileira residents (with English translators on hand)
...the stories moving through the wind and perhaps some bilingual writing
between the residents and the participants mixing memories and fiction.

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WED, JUNE 3 - WATER – WHAT RUNS, WHAT STILLS

**BRING A PACKED LUNCH AND WATER and
MEET AT THE ERA (ancient threshing circle) at the edge of the village**

9am-10am

AT THE ERA: Invocations and writing with Shebana:
WATER - WHAT RUNS, WHAT STILLS THE SOUL

10am-1pm

(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. (Depending on groups' walking capacity, we may break up into two groups...)

5pm

Gather at the Plaza La Fuente for introduction to the first part of your individual creativity projects

THU, JUNE 4 - LA NATURALEZA DENTRO, YOUR INTERIOR LANDSCAPE

YOUR DAY TO DEEPEN THE INWARD JOURNEY
invoking your individual creativity projects

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FRI, JUNE 5- FIRE – WHAT SPARKS, SUSTAINS

9am-12pm

Writing session with Shebana -WHAT ILLUMINATES, WHAT SUSTAINS PASSION

12-1pm

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

4:30pm - 5:30pm

THE SECRET LIVES OF OBJECTS (reviving fires of memory)-- a guided MUSEUM VISIT with Lurdes and Agustin

5:30-6:30pm

OBJECT POEMS.

short writing session - reimagining the encounters with the past...the secret language of artifacts...

SAT, JUNE 6 - SEEDING THE STORIES

9:30am-1:30 pm

GATHER YOUR POEM: your Own Elemental Nature Walk on the cortijo, to gather, write,
and share the poems and then create a poem mandala with natural elements.

4:30pm-6pm

Meet at Sonia's "huerto" garden plot to
SIEMBRA LAS POEMAS, to sow the poems
- we'll bury your poems with local seeds -
and water them so they live and grow in the earth of Capileira

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SUN, JUNE 7 - AETHER - WHAT ENCLOSSES, WHAT DISPERSES, EVERYWHERE, NOWHERE

9:30am-12pm

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

12-1pm:

SESSION WITH SONIA - HARMONY AND EQUILIBRIUM

1:15 pm

FAREWELL LUNCH

6-7pm (tentative)

SONGS, GAMES SHARING WITH CAPILEIRA RESIDENTS IN PLAZA LA FUENTE

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