

**DEEP BLUE - ROBINSON DANCE ON THE BEACH | CORSICA April 15 - 21st 2017**  
**5RHYTHMS & ELEMENTAL EXPLORATIONS with Guillaume Laplane**



One week of dancing exploration on the beach, rhythms of the sun and waves, contemplation of colors and wild nature... simplicity of life, back to the essential, fare from the world, close to one-self.

**Practical informations:**

**Workshop price:**

**300€ for the first 10 registrations and before February 15th 2017**

**360€ before March 15th 2017**

**440€ after March 15th 2017**

We meet at Bastia at - Café l'Essentiel 9 Bd Général de Gaulle (central square near ferry station)- at 4pm the April 15<sup>th</sup> – (you can arrive there by plane or ferries). Return in Bastia town the April 21<sup>th</sup> at 4pm. A 4x4 will take us to the campground U Paradisu, Saleccia beach in the Agriates Desert. (additional cost to be confirmed)

**Accommodation price for 6 days without food:**

\*Camping with your tent: 42€ (6x7€/night/personne)

\*Little house per 3 people: 120€/p (6x20€/night/person) limited spots

\*Food: Count 10€/day, we will prepare our meals together, a basic kitchen is available there, we will do the shopping before going to the campground (there is no shop there)

Depending on the number of participants, we can plan to have someone preparing meals for us. (around 25€/day/p)

\*Equipment: Your camping material, your plates glass etc... comfortable clothes to dance outside, mountain shoes or sandales, sun protection, swimming suite and scuba diving goggles if you like to swim, a neopren shirt can help as well...

**Payment :**

Your registration is confirmed and your place reserved in the workshop upon receipt of your payment of the booking fees of 200€ on the following account.

Important : Please bring the complement in cash and in euros at the start of the workshop.

\* by Paypal: 207€ (7€ de frais) link: [PayPal.Me/GuillaumeLaplane](https://www.paypal.com/merchot/?x=1&fromUser=GuillaumeLaplane)

\* by chèque: Order : Guillaume Laplane

adress : Guillaume Laplane/ 20 rue Miradou | 3002 Marseille

\*by bank transfert: Bank informations:

BANQUE POPULAIRE PROVENCALE ET CORSE 30 rue d'Endoume | 3007 Marseille. Tel : 08.20.33.74.14

Code Etablissement: 14607 / Code guichet: 00083 / N° compte: 86021510218 / Clef Rib: 93 /

Domiciliation: BPPC MRS-CORDERIE/ IBAN: FR76 1460 7000 8386 0215 1021 893/ BIC: CCBPFRPPMAR

### In case of cancellation:

If you are brought to cancel your registration in the workshop, thank you for telling me of it as soon as possible.

- For the cancellations until one month before workshop start, 50 % of workshop registration fees can be paid off to you, not depending of the nature of your cancellation.
- Beyond one month before start of workshop, the totality of the workshop registration fees must be payed, not depending of the nature of your cancellation.
- Beyond one week before start of workshop, the totality of the workshop fees must be payed, not depending of the nature of your cancellation.

In the case a person would take your place on your recommendation, 50 % of registration fees can be paid back to you.

In the case of a cancellation from me for major personal reasons, the totality of your registration fees will be paid back to you, except expenses of plane tickets and logistics hired by you for your journey.

### **Workshop description**

The beach of Saleccia is located in the natural park of the Agriates Desert in Corsica. It is renown for it's stunning beauty. Its with sand and pins tree laying on the beach will be our favorite dance playground. Our days will be scheduled by our dances in live music, our sensitive explorations in contact with the elements, our meditations and land art creations with all the matiers that this magic place offer to us.

We will stay at the U Paradisu campground, 300 meters from the beach where we would cook to gether and share our meals. No car, just the beautiful cows who enjoy the delicious flavors of the mediteranean maquis made of cade tree, thymian and rozemarin. The sun is already warm at this period with out being to strong and will welcome us spending all day outside and enjoying night exploration as well as the refreshing first swims in the deep blue ocean.

The 5Rhythms, elements of contact improvisation, breath consciousness and free voice work will connect us to our essential self. Deepening our relatinon to simplicity and our physical engagement in movement, sometime by ourselves, sometime with a partner or with the group, with or without contact.

Two sessions a day of 2h30 practice in silence or with music, using the specific qualities of this natural place to nurrish or attraction for simplicity and authenticity. Precious moments away from screens and phones, being deeply in the sensations of our muscles, bones and skin, all our body and its poetic sensitive presence to the natural world. Allowing our inner waves in our dances supported by the carring energy of our group.

Fluidity to awaken the sensuality and receptivity of our bodies to it's environement as a soft waking up after winter time. Staccato to engage or presence in action, power of the heart that built a strong connection to nature and the other human being present. Chaos to let go and move all that have been crystallized inside, surrender into the unknown. Lyrical and joy to share, opening this space of all the possibilities, creative spring energy, trust and newness. Stillness to nurrish our needs for contemplation and silence, giving space and honoring the gift of being alive, the preciousness of our intimate relation to nature, univiers, to our humanity and our true nature.

Robinson love dancing on the beach and us too 😊

BEACH OF SALECCIA more photos on my website: [www.guillaumelaplane.com](http://www.guillaumelaplane.com)



Certificate (to fill and bring with you)

I undersigned .....

Address : .....  
.....

Email : .....

mobile phone : .....

Date of birth : .....

Declare to have acquainted with the practical conditions of the workshop in CORSICA from April 15th, 2017 to April 21st 2017 entitled "DEEP BLUE | ROBINSON DANCE ON THE BEACH".

Phone of Guillaume: +33 6 65 60 47 18 (register it in your mobile phone and you can give this contact to family in case of need)

I declare to travel under my full responsibility in Corsica within the group constituted by Guillaume Laplane. I acquainted with all the services to be paid individually or in common on the spot. The costs are planned for information purposes and can be adapted to the hazards of the journey or will adjust according to the motivations of each.

I certify to be covered by my third-party insurance

« ..... »

Contract number:

" ..... "

in case of material physical injury, damages and necessity of repatriation.

Person to be contacted in case of need:

« ..... / phone : ..... »

I assume personally quite unforeseen bound to the chosen logistics, to the bad weather or to the local events.

I am in good health with the capacity of walking, dancing and swimming in a natural environment.

I make commitment to inform the teachers of any kind of medical treatment or physical or psychological specific concern at my registration in the workshop.

Date ..... location.....

Signature :