

A QUEST FOR SPACE AND TIME

ALEXANDER TECHNIQUE, VOICE AND VISION QUEST

Retreat with Susanne Feld and Christiane Hommelsheim
24.-28. September 2024 in Palaiopolis, Andros, Greece



"A Question of "it" - ultimately „it" is a quest to gain space and time" Margaret Cameron

„The artist like the researcher faces the walls of her own thinking and her biography, her conditioning, perception, feelings, psychology, education and will. It is subjective.(...) The view of our perception and the perception of our view is our stage. (...) Art is a verb. Rubbing between perception and experience is becoming palpable, engendering our pearl against the drying wind of all that is known." Margaret Cameron

In this 5 day body, mind and voice retreat we will provide a framework of exercises, questions and perceptual practices to create space and time for you to connect with subtler layers of your existence. To allow the less obvious to emerge and become available for your creativity.

Days will consist of vocal and physical explorations (indoors) on the basis of Roy Hart Center Voice work and Alexander Technique, as well as specific practices outdoors in the beautiful natural environment of Andros, based on Susanne's experience as a Vision quest guide.

Andros, and especially the valley of Palaiopolis with its archeological site, springs and the Aegean sea holds a vitality that offers a promising setting to discover our relationship to the natural space and its wisdom and generosity.

We will work as a group as well as individually, in order to be able to pay attention to each persons particular journey through the week. Prior musical or artistic experience is not necessary.

Info about us: www.susannefeld.com and www.christianehommelsheim.de

Practical information

Travel:

The village of Palaiopolis, on the island of Andros, Greece, where we will hold the retreat, is 17 km from the little town of Gavrio with its ferry port and lovely port atmosphere .

From Athens Airport get the bus (3,60€) that only leaves every couple of hours, to the port of Rafina, from where you take a ferry to Andros. Check the bus schedule here:

<https://www.rome2rio.com/map/Athens-Airport-ATH/Rafina-Port#trips>

In case there is no bus matching your schedule take a taxi for aprox.40€

Before booking your flight check the ferry schedule, which varies depending on the day of the week and the season.

www.goferry.de

Accommodation:

There are several options on [airbnb.com](https://www.airbnb.com), make sure you enter „Palaiopolis, Andros, Greece“, as there are other towns in Greece with this name. Please contact us for advice and if you would like to share with other participants.

Price:

Early bird price until August 10th: 500€, Regular price: 600€ Support another price: 650€

Food and accommodation are not included in the price.



To apply, or if you have any questions, please contact Susanne [HERE](#) or Christiane [HERE](#).

With love,
Christiane & Susanne