

Dance Weaver presents: Writing Workshop in France

September 13 - 20, 2002

Do you love to travel? Keep a travel journal? If so, why not take the next step and learn how to turn those daily scribbles into stories? This hands-on workshop is an in-depth way to experience this unique and untouristed area of France. Our daily excursions will be molded into stories. Write for your own pleasure or with the intention of getting published.

"I'm nominating you for a Nobel Prize: for the gallons of patience you have for the timid wannabe-published; for keeping it real; and for helping me muster the nerve to give it a shot. You throw a killer class."

— student testimonial

Vive La Dance in France

September 23 - 30, 2002

Join Lisa for a wonderful week of dancing in Sorèze, both in the studio and in stunning outdoor settings. Visit hidden Cathar strongholds; ancient farm-houses; an Impressionist lake that offers cool swims at sunset; eye-catching fields of buoyant sunflowers.



The cost of each trip includes lodging (double occupancy) at LiveArt, in a charming 350-year old home in the rural village of Sorèze; meals; excursions; writing/dance instruction.

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About Lisa:

Lisa Alpine has been teaching dance as a joyous and healing art form for over 10 years. She is also a professional travel writer and member of the Wild Writing Women, authors of *Wild Writing Women: Stories of World Travel*. Lisa combines her love of travel and dance into these wonderful getaways around the world. She also offers private dance sessions, group classes and monthly one-day Dance Intensives at the Dance Weaver studio in Marin County, California.



Summer Weekend Workshops: Rafting, Dancing & Hot Springs June 7 - 9, 2002

Raft and dance on the East Fork Carson River, a Wild & Scenic designated, 20-mile class II river that flows through dramatic alpine mountain scenery in California down to sage-covered high Nevada desert. Friday evening we will enjoy the hot spring pool at Grover Hot Springs State Park (a 4-hour drive NE from the Bay Area) and a fine meal together at one of the most beautiful campgrounds in the Sierras. Saturday we will have a full day of rafting. We will have a relaxed lunch and dance-stretch stop at natural hot spring pools on the river's edge. Sunday we will do guided Sculptural Dance Movement in the meadows and pine forests at Grover. Both days we can soak in the healing waters of the hot springs pool at the campground. The cost includes rafting (wetsuits provided if desired), delicious meals, campsites, dance guidance, and shuttle.

Heating up Your Dance at Sierra Hot Springs

July 12 - 14, 2002

Warm up your bones and heat up your desire to dance during this weekend extravaganza at Sierra Hot Springs located four hours from the Bay Area in the Sierras north of Lake Tahoe. These healing springs are set in tall stands of pine trees looking out over a high sage-covered volcanic desert valley. We will explore this wild natural property — 700 acres and loosen our bodies in the hot pools with group water-dance techniques. We will also have guided stretch and dance time in the studio. The cost includes indoor camping, hot springs, wholesome vegetarian meals, dance guidance and delecting.

Mendocino Ocean Dance

August 16 - 18, 2002

Dance outdoors on a dramatic bluff right above the ocean at Pacific Star Vineyards, 30 minutes north of Mendocino. We will explore our movement in interaction with the surf, the beach and other magical settings on this isolated private land. Our secluded camp environment will be complete with a bonfire ring, huge Finnish sauna and a hot tub with a 20-mile view down the coast. Savor the bold red wines made by our hostess Sally Ottoson at a sunset wine tasting and join in the tidepool poetry jam! This will be an ode to dancing outdoors in very wild settings.



Dance Weaver



Fluid Feet
Rhythmic Bones
Silken Gestures



Private Lessons
Group Workshops
Intensives

with Lisa Alpine

DANCE WEAVER - 2001/2002 Schedule

Week-Long Workshops

Big Island Lava Flow Dance

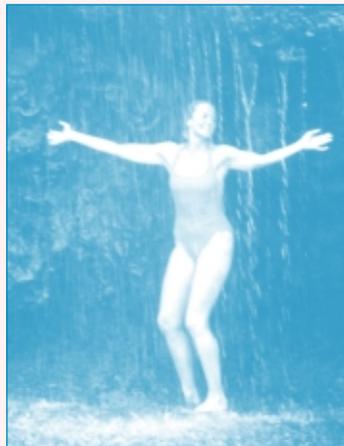
November 2 - 9, 2001

A full week of dance guidance at Kalani Hanua Retreat Center on the Big Island of Hawaii. We will dance in the 2,500 sq. ft. Rainbow Room wood floor studio and take excursions to remarkable natural environments to practice Sculptural Movement and dance interaction with the elements, including flowing lava as it pours its earth core vitality into the ocean. We will also loosen up in the ocean, in nearby hot spring pools and volcanic steam vents; and in the retreat center's watsu pool with assisted stretch-massage-dancing. The cost includes group dance instruction and private coaching with Lisa; 7 nights lodging (double occupancy); fine vegetarian meals; a hula lesson, land transportation; exotic excursions, including a guided night jeep tour to the active lava flow and frequent beach visits to swim, snorkel, and romp.

Maui Ocean Dance Wave

February 1 - 8, 2002

Join the dancing gypsies on the isle of Maui for dancing in the studio and outside in amazing natural settings — from primordial bamboo forests, to crescent moon sand beaches to towering waterfalls and sacred caves. Excursions include



guided sea kayaking tour to view Humpback whales during their birthing season. We will have time for stretching, dance guidance, including watsu-dancing in the retreat center's ozone-filtered pool, exploring jungle streams on the property and nearby beaches, and quiet unstructured moments for private reflection. We will stay at Hale Akua Shangri-la near Haiku perched on a gorge 300 feet above the ocean with a breathtaking view of Haleakala. This two-acre retreat center has lovely private rooms (most with an ocean view), tropical gardens, a dance studio, a 60-ft. pool and 2 hot tubs. The cost includes lodging, dance guidance, yoga with Madhava, land transportation, excursions, meals, including a Hawaiian feast and restaurant forays.

Hot Mexico Dance Week

July 20 - 27, 2002

Ask in the hospitable atmosphere of Mexico in a new and healthy way on a dance retreat at Rio Calientes Hotsprings Spa Resort. The program includes 3 hours of dance and stretch instruction daily (2 hrs. in the morning and 1 hr. in the late afternoon), a 1-hr. private session with Lisa, water dancing, 2 massages, a mud wrap, organic vegetarian meals, double occupancy lodging, a shopping excursion to Tonala and Tlaquepaque, guided hikes, yoga classes and guest lectures.

Big Island Lava Flow Dance

November 2 - 9, 2002

See workshop description for 2001.

Dancing My Magic Egypt

April 20 - May 4, 2002

Three years ago, on my second trip to Egypt, dancing late at night on a boat on Lake Nasser, I met Josée and her Nubian husband, Abdullah. Later on during my trip, I visited their home on Sehil Island in the middle of the Nile, an hour boat ride south of Aswan. We became a family and Josée was recently in California as my guest. She attended my dance workshops and has invited me to bring a dance group to Egypt and will be our hostess.

This is going to be a magnificent and unusual trip. Our 14 days in Egypt will include 2 days in Cairo to see the pyramids and the Cairo Museum, the Khan Al-Khalili Bazaar, possibly the Coptic museum and other sites. We will then fly south to Aswan and stay with Josée and Abdullah on their island. Abdullah is a renowned singer and musician so we will have our own private troupe of musicians to serenade us under the stars. The Saharan desert is across the waters with sand dunes stretching for 3,000 miles west to Morocco. We will go on a journey down river in feluccas (sailboats) and visit various islands to dance in nature. Abdullah, being a sort of chief in that region, will be our guide.

Philae Island, the site for the temple of Isis, is close by. We will spend special time there dancing and in meditation. I have



Camels; the Temple of Isis

had miraculous energy transmission experiences here and at the other sites. There is much wisdom to gain by being receptive to the geomancy in these ancient regions.

We will also go to the spectacular monument of Abu Simbel and possibly a voyage to Luxor to visit Nefertari's beautifully muraled tomb and the Valley of the Kings.

We will have guided and free-form dances in the morning and evenings with live music.



*We dance till we
smoke and*

*burst into tongues
of fire*

*then our sweat
pours down like
rain ...*

