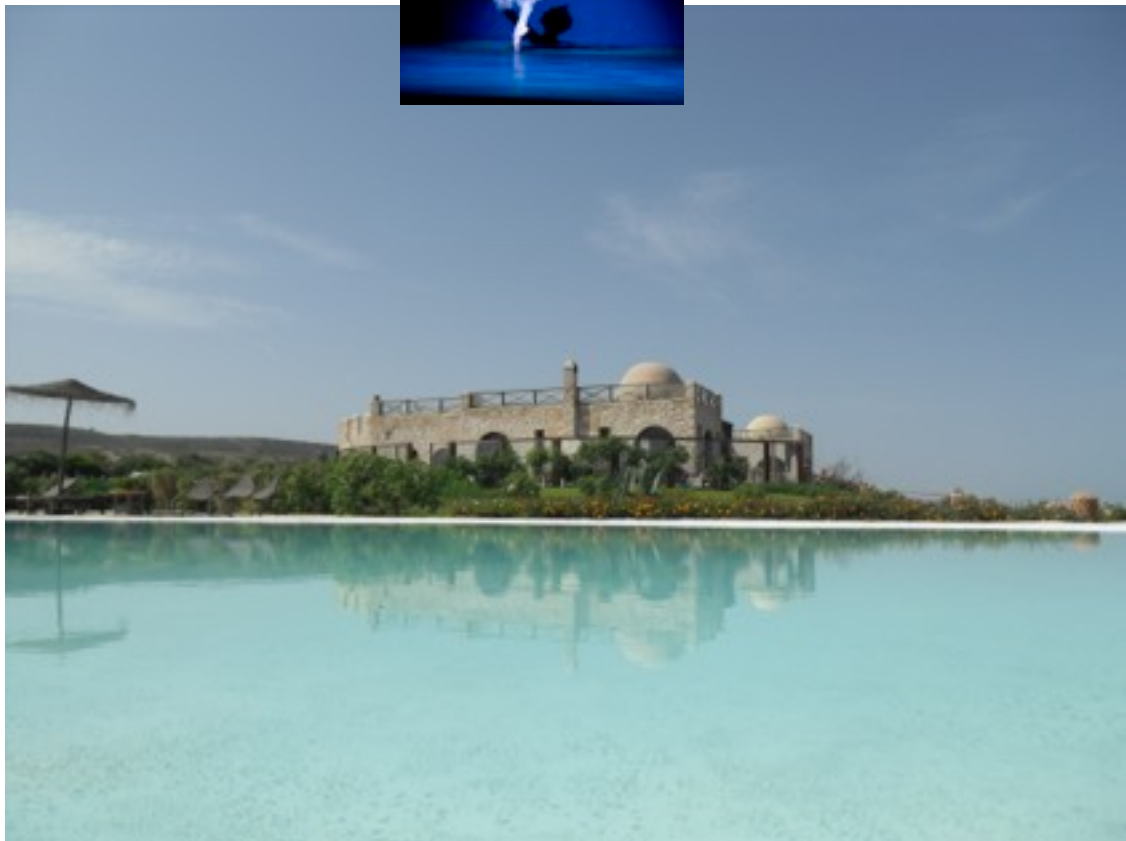
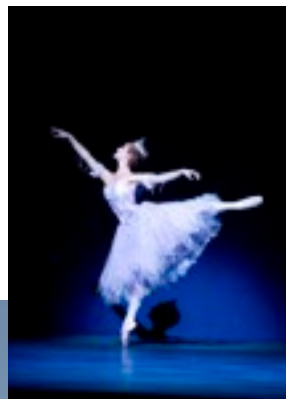




## OCTOBER BALLET RETREAT

WITH FRANCESCA FILPI

**7th - 14th October 2017**



Perhaps you danced as a child and have always had a lingering desire to take it up again as an adult...maybe you dance regularly and are simply looking for an alternative 'healthy holiday' where you can indulge your passion...or then again perhaps you have reached 'a certain age' and yet still have a burning and unfulfilled childhood dream....now is the time to let your inhibitions be blown away by the sea breeze, and come dance to the whisper of the waves...

**[www.dardanse.com](http://www.dardanse.com)**



## OCTOBER BALLET RETREAT

All ages welcome – from 18 to 80! A good basic working knowledge of classical ballet is required (eg. about two years of ballet, even if this was as a child...it's like riding a bike really!) Numbers are very limited so as to be able to tailor make the course to each participant's particular level.

A typical day in 'the Bubble' usually starts with a healthy but hearty Moroccan breakfast (usually fresh fruit, yoghurt, freshly baked bread or Moroccan pancakes etc.) followed by an inspiring ballet class in the fabulous open-air studio, with ex Royal Ballet dancer Francesca, which will soon have you flying through the air with grace and elegance (yes, you!) and discovering the sheer joy of dance. Once you have worked up a good appetite, a home cooked lunch, perhaps of freshly caught fish, always with a choice of enticingly fresh salads, will be served by the pool.

The afternoon will bring the chance to try out some of the Royal Ballet's repertoire...maybe a dip in our 'butterfly pool' or a spot of sunbathing on the beach...perhaps a little pampering, or a relaxing massage in our traditional Moroccan Hammam....not forgetting the all-important ritual of mint tea and cakes!

For those who have energy to spare, the immediate vicinity offers miles of uninterrupted walks along the coast – or why not do it as the locals do, and enjoy the scenery from the top of Conrad our friendly camel!

As the day draws to a close, enjoy a pre-dinner tippie, as you watch the magnificent, ever-changing sunsets over the ocean, before savouring local dishes such as succulent tagines and the traditional Moroccan pastilla.

The week includes a visit to the fishing port of Essaouira, with its bustling winding alleyways, spice markets, art galleries, quirky cafes and colourful stalls.





## OCTOBER BALLET RETREAT

### **Accommodation**

The Ballet Retreat tariff is based on single accommodation in standard rooms, or shared accommodation in superior rooms and suites (these are also available as singles for a supplement)

#### ***La Lune***

Demi-lune shaped single room with tadelakt shower room. Patio with morning sun on one side, and on the other, view over the central salle de danse to the sea beyond.

#### ***La Dune***

Small and sweet single room, with tadelakt shower room. Patio bathed in sun most of the day on one side and, on the other, views over the central salle de danse to the sea beyond.

#### ***La Tortue***

Lower garden level single room with stone and tadelakt walls, overlooking studio. Accessed via pretty sunken garden with sea views. Adjoining shower facilities with shower and loo with lockable door for your individual use.

#### ***Le Chateau*** (for 2 sharing, or available as a single for £30 supplement per night)

Small but spectacular! Double / twin room, up its own flight of steps, with lovely views along the coast. Shower room on the ground floor accessed by steep internal staircase. Private and secluded garden area. Very romantic when the wind howls around the tower!

#### ***L'Atlantique*** (for 2 sharing, or available as single for £30 supplement per night)

Charming double/ twin room within the main house with spacious en suite tadelakt shower room, and lots of wardrobe space! Sunny patio with beautiful sea views. Adjoins the Winter Salon, which has spectacular sea views, and is sometimes used by other guests (during daylight hours only) on rare rainy days!

#### ***Chameau Chic*** (for 2 sharing, or available as a single for £50 per night)

A room in two humps! Lovely twin or double room with tadelakt shower room. Patio with morning sun on one side, and on the other, view over the central salle de danse to the sea beyond.

#### ***L'Artiste*** (for 2 sharing, or available as a single for £50 per night)

Lovely bright and sunny twin or double room with tadelakt shower room and sea views. Sheltered and sunny terrace overlooking the ocean.

#### ***L'Africaine*** (for 2 sharing, or available as single for £50 supplement per night)

Charming and characterful suite, opening onto pretty sunken garden with sea views. En suite tadelakt shower room and direct access to the Hammam!

#### ***Papillon*** (for 2 sharing, or available as single for £50 supplement per night)

Thatched rustic bamboo suite. Spacious double / twin bedroom, and sitting room with direct access to pool, linked by quirky covered garden bathroom. Beautiful views over pool and sea. Private garden area. (£50 supplement per night as single room)



## OCTOBER BALLET RETREAT

### **Flights and transfers**

Flights are not included in the price of the Ballet Retreat and should be booked independently, once your place has been confirmed. We will organise the transfers to Dar Danse to meet the following flights. (Please email us for details of private transfers from other airports / other times etc)

### **Saturday 7th October 2017:**

EZY2039 dep London Luton 15.20, arr Essaouira 18.00

### **Saturday 14th October 2017:**

BA 2667 dep Marrakech 19.45, arr London Gatwick 23.10

(Please note if you would prefer to fly from and to the same London airport, there is a more expensive BA flight from LGW to Marrakech on the 7th, and we can then arrange transport for you to Dar Danse - cost to be divided between numbers sharing. This does however make it a rather longer journey!)

Classes will take place over 5 days, with one free day mid-week, to discover the delights of Essaouira and the surrounding countryside!

### **Prices**

The Ballet Retreat tariff is £878 and includes;

- *2 / 3 inspiring classes per day (over 5 days), in our beautiful open-air studio, overlooking gardens and sea*
- *7 nights half board accommodation (excluding drinks, other than water at meal times, and mint tea in the afternoon, and after dinner) in either single standard rooms, or shared superior rooms ( singles available for a supplement)*
- *Exclusive use of all on-site facilities to include the fabulous open-air dance studio, swimming pool surrounded by al fresco eating areas, gardens, deserted beach, table tennis, Moroccan salon*
- *A visit to Essaouira, to discover the souks, and charming ancient medina*
- *A 'taste of Morocco' which could include perhaps a Moroccan cookery lesson with visit to local souk to buy spices etc, camel rides along the coast, discovering the secrets of the local miracle Argan oil, and maybe even tea with a local family.*

Not included;

*Airport transfers (depends on numbers sharing)*

*Lunch (£10) and any extra drinks*

*Any single room supplements, if applicable (see room descriptions for details)*

*Optional traditional Hammam ritual (£35)*

**Numbers are very limited. Please see the attached form for details of how to book, but don't hesitate to email Francesca on [info@dardanse.com](mailto:info@dardanse.com) should you have any queries!**

**[www.dardanse.com](http://www.dardanse.com)**



## **OCTOBER BALLET RETREAT**

### **BOOKING FORM**

DATE OF RETREAT FOR WHICH YOU ARE APPLYING:

NAME:

SURNAME:

EMAIL:

ADDRESS:

MOBILE PHONE NUMBER:

AGE RANGE: 18 – 40

41 – 60

60+

BALLET STANDARD/EXPERIENCE:

ANY MEDICAL CONDITIONS/INJURIES WE SHOULD KNOW ABOUT?



## OCTOBER BALLET RETREAT

ANY PARTICULAR DIETARY REQUIREMENTS/PREFERENCES?

HOW DID YOU HEAR ABOUT US?

PLEASE STATE YOUR ROOM PREFERENCES (see info sheet)

Single room / Happy to share

(please delete as appropriate, and let us know if there is anyone in particular you would like to share with)

1st room choice:

2nd room choice:

3rd room choice:

**By submitting this application form, I confirm that I have read, understood, and accept the Terms and Conditions of Filpi Ltd, as laid out on the Dar Danse website.**

**Signed:**

**Print name:**

**Date:**



## OCTOBER BALLET RETREAT

### PLEASE KEEP THIS PAGE FOR YOUR INFORMATION

#### **TO BOOK:**

*Please scan and email your completed, signed form. Should scanning be tricky, you can simply take a photograph of the completed form and email that to us, providing it is legible!!*

#### **PAYMENT:**

*Upon acceptance you will be required to pay a deposit of £200 per person, to confirm your place. The balance will be due two months before the start of the course. (Any extras, such as minibus transfers etc, will be payable in cash, upon arrival at Dar Danse.)*

*Payment should be made by bank transfer in GB pounds, using as reference, your surname and start date of course. Our bank details as follows:*

*Barclays Bank, 73 - 75 Calverley Rd, Tunbridge Wells, UK*

*Acc name: Filpi Ltd*

*Acc no: 43316807*

*Sort code: 20 88 13*

*Iban: GB67 BARC 2088 1343 3168 07*

*Swiftbic: BARCGB22*

#### **TRANSPORT ARRANGEMENTS:**

*Flight bookings are the responsibility of the attendee. Please do not book any flights until you have received a confirmation email from us! Please see Information sheet for details of transfers from the airport.*

Email: [dardanse@gmail.com](mailto:dardanse@gmail.com)

Filpi Ltd, company no. 7419721  
The Boathouse, Houghton Bridge, Amberley, Arundel BN18 9LR

**[www.dardanse.com](http://www.dardanse.com)**