



29th GREEK TRADITIONAL DANCE SEMINAR

7 - 17 August 2015

Organizer: YANNIS KONSTANTINOU & LYGKISTES

Lemos village - overlooking Prespes Lakes

YANNIS KONSTANTINOU and "**LYGKISTES**" invite you to join them in the village Lemos, above the beautiful Prespes Lakes, to enjoy 10 days of Greek dance, music, rituals and customs. In an area rich in history, local and family traditions are still alive and can be experienced daily ... through *glendia* and *panegyria* with local musicians (*xalkina*, *zournades*, *gaida*, *lyra*) ... through the hospitality (*filoxenia*) of the local people ... through Byzantine monuments & stone houses (*palia spitia*) ... through the natural beauty of the Prespa Basin.



THE PROGRAM

DAILY LESSONS:

Five (5) hours per day of dance lessons with Teachers/Specialists of each region, descriptions of Music, Costumes, and Cultural Traditions from Regions and peoples across Greece.



PROGRAM ...



PLUS ... Opportunities to perform in costume at *panegyria*, , to sing and make music with other attendees (so bring your instrument!) and hear about the rich history of Prespes!

DANCING AT FESTIVALS ("Panegiria") in villages of Prespes and Florina to local Brass Bands ("*Halkina*") and

EVENING PARTIES ("Glendia") with Live Music: *Halkina* from Florina, and *Lyra* of Pontos, and special surprise guests!





EXCURSIONS to explore the natural beauty, rich history, and living traditions of the villages of Prespes and Florina.

PICNIC / WALK on the island of Agios Achilleos, near the famous Byzantine Basilica, with Dancing to Live Music

LOCATION & ACCOMMODATION:

The seminar is held in Prespa, an historic crossroads region in northwest Greece where distinct peoples, languages and traditions converge in a picturesque basin containing the beautiful Prespes Lakes and the surrounding mountains. The two lakes, the Mikri and Megali, are shared by Greece with its two Balkan neighbors creating a culturally diverse and historically rich mosaic that colors all aspects of life in the region.

Lemos is approximately 2-1/2 hours from Makedonia Airport in Thessaloniki, one hour from Aristotelis Airport in Kastoria, and less than one hour from the city of Florina.

ACCOMMODATION: We will stay in Hotel Mimallones or restored Guesthouses in the village of Lemos, in shared rooms for 2 or 3 persons with private bathrooms. A limited number of single rooms are available upon request.

For more information about Prespes and/or Hotel Mimallones, visit www.mimallones.gr

PRICE

The price for the entire seminar is **870 Euro** which includes:

- **Double** or triple rooms with **Full Board** (breakfast, lunch and dinner)
- Lessons - 5 hours / day - except on days of excursions
- Local transportation for activities and excursions during the seminar.

Single rooms are available with a price supplement of 250 Euro for the 10 days.

There are also limited places for *Accompanying Persons* who do not wish to participate in dance classes, the price is 680 Euro for the entire seminar.

IN ORDER TO CONFIRM YOUR ATTENDANCE:

1. Complete a Registration Form and return to Yannis by email or Fax
2. Deposit 300 Euros per person, *due by 30 June 2013*, into the following account:

Alpha Bank
Branch: Florina 53100, Greece
IBAN: GR92 01 40 8550 8550 0231 0013 446
BIC (Swift Code): CRBAGRAA
Account name: KOLONI ARGYRO IOANNIS
Account no.: 855002310013446

3. The Balance can be paid in Cash at the seminar, or wired closer to the date.
Please no Traveller's- or Euro-cheques ... the bank fees are prohibitive!

FOR ANY QUESTIONS THAT YOU MAY HAVE, PLEASE CONTACT:

Yannis Konstantinou (Greek, English) - yankost@otenet.gr - tel: +30 6986 733 391

Maryse Fabre (French, Greek, Spanish) - maryse.fabre3@wanadoo.fr - +33 681 207 379

Caroline Simmonds (English) - caroline_simmonds@hotmail.com - +1 415 272 4641