

# Beyond The Pond



5-day Tao Retreat

(Ambleside, Lake District)

3rd - 7th October 2024



**Dear curious reader / humble Taoist / open-hearted student,  
thank you for g(r)azing beyond the pond with us so far**

*Find below a short list of info and advice for the upcoming retreat and (as always) feel free to reach out if you have any questions or concerns in the meantime...*

## **PHYSICAL THEMES (and their 'Movement' layer)**

Training (Preparing) / Walking (Performing) / Fighting (Competing) /  
Dancing (Relating) / Relaxing (Receiving)

## **SESSIONS**

**Physical Preparedness:** attention, play, general dexterity (strength, mobility, coordination, balance)

**Walking:** outdoor research, endurance, adventure/journey, performance art

**Playfight:** competition, conflict resolution, integrity, connection

**Contact Improvisation:** dancing, the art of relating, creating 'moments', finding homes

**Bodywork:** relaxing, releasing, touch, giving and receiving

## SCHEDULE (subject to minor changes)

**Facilitators** - **Daniel Eagles** (Contact Improv & Phys Prep), **Elena Zanchetta** (Playfight & Bodywork) & **Marieke Torensma** (Walking & Phys Prep)

**Thursday:** Short Walk (9-12), Lunch (12-13:30), Phys Prep (13:30-14:30), Playfight (14:30-16:30), Bodywork & Personal Reflection (16:30-17:30)

**Friday:** Phys Prep (9-10), Contact Improv (10-12), Lunch (12:00-13:30), Playfight (13:30-15:30), Break (15:30-16:00), Bodywork & Personal Reflection (16:00-17:30)

**Saturday:** Long Walk (9-16:00), Bodywork & Group Reflection (16:00-17:30)

**Sunday:** Phys Prep (9-10), Contact Improv (10-12:00), Lunch (12:00-13:30), Playfight (13:30-15:30), Break (15:30-16:00), Bodywork & Personal Reflection (16:00-17:30)

**Monday:** Short Walk (9-12), Lunch (12-13:30), Phys Prep (13:30-14:30), Contact Improv & JAM (14:30-16:30), Bodywork & Group Reflection (16:30-17:30)

**Optional Evening Offerings:** 1x group dinner / 1x film night (movement-themed) / 1x games night



**Clothing & Gear (required):** comfortable day pack (at least 10 litres) / many thin layers (beats one larger heavy one) / waterproofs / grippy, strong footwear / warm clothing, incl. hat and gloves / long comfortable trousers for indoor work / water bottle / notebook & pen / EU to UK plug converter (for electronics)

**Optional extras (gear):** walking poles / compass / gps device / warm quality socks / travel towel / torch or headtorch

**Training (advice):** nothing required but the following is advisable - half or full days outdoors / experience in hills or dunes / some amount of hiking or running / playfight & contact improv experience (dojos shown below)

**Preparatory Dojos (advised in Amsterdam):** Playfight Circles & Tao of Movement Classes (with Elena & Daniel) / Hiddenbody (Movement Practice) / Zaal100 (Contact Improv classes & jams every Saturday) / Online movement/running coaching (with Daniel)

**Travel:** Travel to the UK possible through various means - train, ferry, airplane or a combination of the above // nearest Train Station to the Retreat is Windermere Station // nearest Airport is Manchester // nearest Ferry port is Newcastle or Hull

**Accommodation:** Various accommodation options are available, including the YHA in Ambleside (cheapest) and many Airbnb stays, Hotels and Bed & Breakfasts across various price ranges

**Fees:** 295 euros (facilitation & space rental) / accommodation & travel to be booked by the participants themselves / max. 9 participants

Visit [remostudio.nl](http://remostudio.nl) or contact [danieleagles4@gmail.com](mailto:danieleagles4@gmail.com)  
*if you have any questions at all...*

