



Todas mis Relaciones / All my Relations

Bilingual Dance Retreat with Leader Training

Troncones, Guerrero, Mexico. January 27-February 2, 2025

Featuring Senior Mentor Leader Darvesha MacDonald with Elizabeth Dequine, Luis Vizcaino and Ishtar Cynthia Valenzuela and other leaders from Latin America and North America

Our fourth multicultural/ bilingual dance retreat in Troncones will include a dance leader training component led by Darvesha and other mentors. We encourage dancers, leaders and musicians to deepen their practice and attunement to the dances and to the beauty of the culture and nature around us. Instruction will be provided in both Spanish and English. The retreat will include two dance sessions each day, with time for reflection, dance instruction, playing music and relaxing on the beach.

Lodging and food: There are lodging options for all budgets within easy walking distance of the retreat site; we can provide some suggestions, more can be found on Airbnb. Two catered meals are included in the retreat, brunch the first morning and a farewell dinner our last evening. There are many restaurants nearby, as well as kitchens at the dance site for those who want to prepare their own meals.

Cost: \$175-\$250 US Dollars, scholarships available, particularly for Latin American participants.

Registration: https://docs.google.com/forms/d/1zG5OYfdF2WTcxoIJ1ifPGzD7MutWhJo53Xuvufmlsyg/viewform?edit_requeste d=true - settings or Vimlan VanDien, vimlanv@gmail.com

Information: Elizabeth Dequine, edequine@gmail.com



Radiant Transparency: Uniting our Inner & Outer Lives

Deepening Retreat - Dances of Universal Peace and More

Troncones, Guerrero, Mexico, 5-9 February 2025

With Sky Roshay, Shivadam Adam Burke, Jen Friedman and friends

Description: This retreat's spaciousness - with Dances, kirtan, speaking circles, singing circles, art projects and whatever else emerges from the hearts and creativity of participants - will offer time to slow down, breathe and deepen into our Selves, our practices and our relationship to the Dances.

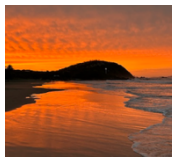
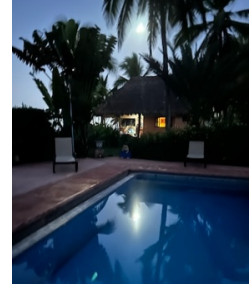
Leaders: Sky Roshay, Shivadam Burke and Jen Friedman are accomplished Dance leaders, musicians and mentors with many years of experience in creating sacred space, facilitating retreats and holding a heart space for everyone in the circle.

Cost: \$125 to \$200, as you can afford. Some scholarships available, especially for Latin American attendees.

Registration: [Deepening Into Being: Troncones 2025 \(google.com\)](https://www.google.com/forms/d/1zG5OYfdF2WTcxoIJ1ifPGzD7MutWhJo53Xuvufmlsyg/viewform?edit_requeste d=true - settings)

Information: Wayne Talmadge, Wayne.talmadge@gmail.com or <https://skyness.net/troncones-mx-dance-camps-jan-feb-2025/>

Lodging and Food: You are responsible for your own lodging and food, except for two catered meals, dinner the first evening and brunch at the end of the retreat. Some onsite lodging is available, first come with full payment. As with the Bilingual retreat, we can suggest lodging options for all budgets.



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**TRONCONES** is a small beach village near Zihuatanejo on Mexico's Pacific coast. Zihua has a small, easy-to-navigate international airport; taxis wait to drive you about half an hour to Troncones along tranquil country roads. Troncones has numerous hotels from budget to extravagant, ditto restaurants, and no loud music venues or huge resort hotels. The ocean hosts spectacular sunrises and sunsets, many pelicans and opportunities for boogie boarding. The retreat venue has two large grassy lawns, shaded by tall palm trees. Two cats, lovely landscaping, a swimming pool, six rooms with outdoor covered kitchens, a gazabo, talkative birds, and gates right onto the beach complete the site. You are welcome to join us for either retreat, or both. You can see photos from the 2024 retreats here: <https://skyness.net/photos-troncones-camps-jan-feb-2024/>