

## EVOLUTIONARY INTEGRATION WEEK

### Holiday Course

*Dart Procedures, Alexander Technique, Animist Guidance*

With Robin John & Béatrice Simmons

Opportunities for new experiences in Lesvos, Greece

at the unique Votsala Hotel, Thermis

June 21st – 28th 2026



After having given many workshops with these modalities in years gone by **we have decided this time not to organize a fixed timetable or price** but instead offer a fully flexible timetable with only a skeletal outline. This will allow you to fully enjoy your time at Votsala and engage in working with and learning these three modalities in whatever way you would wish. This means that if you would like to only explore Dartwork, or only take Alexander Technique lessons, or only see Béatrice for Animist guidance sessions, or make any combination of these three modalities during your holiday week at Votsala then we can arrange individual programmes to fit with your needs and wishes. **Some will want more study sessions and others more holiday time. You can create your ideal course!**

### PROGRAMME & COSTS

#### **THE THREE MODALITIES: Dart Procedures / Alexander Technique / Animist Guidance**

We are offering **individual sessions** in the three modalities and possible **group sessions** in the Dart Procedures, Animist work and talk/discussion sessions.

We have known Hotel Votsala since 1997 and they are kindly offering **anyone attending our classes special rates for June 21-28th**. Instead of paying June prices you would instead pay the lower May prices (Single:350 or 406/Double:441 or 518)( + 2/day) Kindly inform them on booking your stay at Votsala that you will be attending our sessions in order to receive this exclusive price offer. [www.hotelvotsala.com](http://www.hotelvotsala.com)

**Dart Procedures:** We are thinking that there will be a regular daily Dart Procedures Class which will take place after breakfast in the morning. Each class will cost 15 euros per morning.

The great advantage of working at Votsala is that we can spend as much time as we need when exploring the Procedures (unlike with time limited Zoom classes or Congress sessions), and we also are not restricted with space to roll or move (unlike working indoors).

It will also be possible to book individual Dart sessions with Robin later in the day if you wish. Each individual session will last 1 hour and cost 30 euros per session.

**Alexander Technique:** We are offering individual AT sessions throughout the day. If you are not attending the Dart Procedures morning group class then you can book individual AT sessions with Béatrice by arrangement. The Dart sessions are of course based upon the Alexander Technique but if you want individual AT sessions privately with either Robin or Béatrice, then these can be arranged.

Each session will last around 45-50 minutes and cost 30 euros per session.

**Animist Guidance:** Béatrice is a very experienced Animist practitioner. Animists believe that everything is alive including for example rocks and trees, and everything has a spirit. It emphasises connectivity between humans and the natural world. These sessions will help you to deepen your inner experience and connect to your inner guidance. Respecting the wisdom of Nature and the elements, with which we are made and coming from, will assist and deepen your experience of your life process and also with the Nature around you at Votsala. These sessions will last about 2 hours per session and cost 50 euros.

**Talks/discussions:** There will be several talk and discussion sessions offered during the week centred on different aspects of the three modalities.

#### FOOD AT VOTSALA IS NOT A PROBLEM

**Breakfast** at Votsala which is included in your room fee is second to none, and if you make the most of it you will hardly require any lunch – but **Lunch** is at a small extra charge if you want it. There is a local Mini-Market which is open every day from 7.30 in the morning - 10.00 at night for food extras.

**In the evening** there are local *tavernas* a few minutes walk away along the coast, and it is possible to get a meal from around 6 euros (mini meal) to around 20 euros for a super expansive supper, and all prices in between. The food is not so expensive in Greece and we can offer advice on where to go. Votsala also regularly offers an evening meal (sometimes a splendid barbecue) once or twice a week, and as ever the Votsala food is top quality and they cater for all individual food issues.

#### VOTSALA OFFERS

Votsala is a beautiful retreat from the busy world. Greeks are friendly easygoing people. The unique factors at Votsala, and why we are so enthusiastic about the hotel, are: (1) there is no road between the hotel and the sea (2) Votsala has its own jetty out into the sea for swimming (3) the food and accommodation at Votsala is top class without costing top class prices (4) everyone at Votsala is super friendly and helpful for any needs (5) Votsala regularly arranges optional short trips or walking events which normally occur in the afternoon/evening so it is possible for participants on our course to join these events if they wish (these may be about Greek history or cooking, or archeology or all three!).

#### FEES

In order to attend this holiday course kindly send us a **50 euro (or £44 or 46 Swiss francs) non-returnable deposit** which will be offset against classes taken. Our accounts are as follows:

**WISE (Euros)** Account: ROBIN JOHN MONROE SIMMONS

IBAN: BE29 9671 0815 5164 Bank code (SWIFT / BIC) TRWIBEB1XXX

**Swiss franc** account: Béatrice Simmons-Heiz

IBAN: CH61 0021 1211 1158 4840 C

**UK account** Robin Simmons

Sort Code: 40-47-86 Account number: 80374865

IBAN: GB61HBUK40478680374865

All course classes in all three modalities will be paid **in cash** prior to the class. Please bring euros! Your stay at Votsala must be done directly with them so you can reserve the accommodation you would like. Even some of their "Garden View" rooms have a view to the sea.

**All questions about the course please email us:** [simmons.heiz123@gmail.com](mailto:simmons.heiz123@gmail.com)