

Dance events on the Alpe Pianello

BalFolk & Biodanza

Saturday 12 and Sunday 13 of July 2025



BalFolk Dance-Workshop

Saturday, 12th of July 2025, 8 to 10 pm



Experience an evening with communal dances - ancient traditions still evolving in the practice of modern western european cultures. In a warm atmosphere we lead you through dances in circles, longways, chains and in pairs originating from France, England, Germany, Italy, Sweden, etc.

Through shared rhythms, different figures and changing of partners we experience the natural joy of life and a sense of community. Each dance will be explained, dance experience is not required.

Contribution: 10-15 euros; Dance Instructor: Isolde Grenzdörffer

Experience Biodanza in the wonderful nature of Alpe Pianello

Sunday, 13th of July 2025, 10:30 am to 13 pm

Enjoy dancing in nature with Biodanza, connecting with the rhythm of the earth. Biodanza means DANCE OF LIFE and is a holistic system of dance, music, movement and interaction with the group. It is a practice of mind-body integration that facilitates authentic self-expression, the development of self-esteem, pleasure and joy of living. Deep connection with community, life and nature will arise. Aesthetic value or step sequences are irrelevant. If it rains, we dance inside.

Contribution: 20-25 euros; Biodanza Facilitator: Petra Adam

All ages are welcome. You can attend individually, with a partner, or bring friends/family. Just come and dance with us. Looking forward to see you.

Petra & Isolde

Liability excluded, all experiences are at your own risk.

Registration and Information: Petra Adam: petra.rita.adam@web.de or Isolde Grenzdörffer: +49 15789105776

Venue: PIANELLO ALPE, Via Alpe Pianello, 1, 21010 Dumenza, Italien