

Summer Solstice Gathering 2025				ARRÁBIDA DANCE LABS 30th Edition					20 – 28 June	
PART 1				PART 2						
WEEKEND			Theme: L A B O R A T O R I U M							
Fri 20 FADE IN DAY	Sat 21 DAY 2	Sun 22 DAY 3	Mon 23 SILENT DAY	Tue 24 DAY 5	Wed 25 DAY 6	Thu 26 DAY 7	Fri 27 DAY 8	Sat 28 FADE OUT DAY		
7h30	WAKE UP CALL			◊ ◊ ◊ ◊ ◊ ◊	WAKE UP CALL			free morning		
8h	GROUP MEDITATION				GROUP MEDITATION					
8h30	GENTLE AWAKENING		space and time for self body / mind awakening practices		RISE & ENERGIZE					
	Conscious Movement & Breathwork				Awakening the Embodied Presence					
	Cláudia Ambrósio	Chelan Freeman			Chelan Freeman	Pramod M. Bento	Cláudia Ambrósio			
9h30 ↓ 10h30	breakfast				breakfast					
	silent mornings until 11h			11h	silent mornings until 11h					
11h	ARRIVAL & TEAM CHECK IN <i>including volunteers</i> 12h30 TEAM MEETING <i>with volunteers</i>	MORNING CLASS		11h	MORNING CLASS			LAST JAM		
		RELEASE AND SURRENDER	BIOENERGETICS INTO CONTACT	◊	METAMORPHOSES	ATTENTION & INTENTION	THE 3 CIRCLES & MICRO DANCES	A Farewell Dance		
		Softening the Body, Sustaining Presence	IMPROVISATION	◊	A Butoh Experience	Moving to what is Calling	Where I End You Begin & We Are			
		Pedro Paz	and Flowing into Embodied Connections	◊	Deep Nature Immersion with Yael Karavan	Howard Sonenklar	Pedro Paz Fausto Matias	12h30 Packing & CLEAN UP		
		Howard Sonenklar		◊						
13h30		SHARINGS & ANNOUNCEMENTS	Pramod M. Bento	DIVERSITY	SHARINGS & ANNOUNCEMENTS			CLEAN UP		
14h ↓ 15h	lunch team & volunteers	lunch		◊	lunch					
	15h – 17h ARRIVAL & CHECK IN ALL PARTICIPANTS	15h – 19h THE GLOBAL UNDERSCORE		24 HOUR JAM MARATHON	free time			CLOSING CEREMONY		
16h	Welcome at Ser Vivo snack and time to land	25 years of dancing simultaneously across the globe	LOVE LETTER REWRITTEN					LIFE ART INTEGRATION		
17h	◊ X ◊ OPENING CEREMONY	dedicated to Nancy Stark Smith	An Act of Faith Physical & Artistic Research					by the curatorship		
	BODY COMING									
	Somatic Landing									
	Constança Moraes			FOR INNER AND GLOBAL PEACE				CHECK OUT		
19h ↓ 20h	CURATION	dinner	JAM	◊	19h – 21h EMBODIED VOICING	dinner		latest until 11h - Sunday 29 th (extra cost €15)		
	Art & Practicalities		AN ARTISTIC ACT		Playing with Voices and Movement					
	Pedro Paz			TOGETHERNESS	Fablenne Gonzalez					
	AN OFFERING		20h – 21h							
	Raw Encounter		LIFE ART INTEGRATION	◊						
	All Teachers		by the curatorship	◊						
20h30	WELCOMING JAM	SUMMER SOLSTICE CELEBRATION	21h dinner	◊	THE ORACLE	BLINDFOLD SENSORY JAM	THE POETIC EXPERIENCING JAM	FINAL PERFORMANCE		
	open floor/hearts			◊	predicting Part 2	immersing	unveiling	◉ ≡ ◉		
	Every Body	music, singing circle and other surprises		◊	late dinner	held by Fausto Matias and All Teachers	held by Fausto Matias Andrea Amor	late dinner		
21h30	late dinner		free night	◊		self cool down				
22h30				◊	SILENCE CALL – until 11h next day			free night		
23h	SILENCE CALL – until 11h next day			◊				FAREWELL PARTY		