



# Teatro del Corazón

## FOOL AT HEART

### A Seven Day Residential Training

with Didier Danthois

17th to 23rd  
February 2013



Casa Saraswati is our main Retreat Centre. An inspirational home for the "Fools at Heart". It is a haven of peace where the inner and outer nature can merge in a delightful sense of Being.

This course will focus on strengthening the spiritual ground, and on developing the artistic skills of the Sacred Clown. We will aim at nourishing a playful trust in the "unknown", in the mystery, which lies dormant at the centre of the creative process. Ultimately, becoming more aware of the state of mind with which we enter improvisation. Didier will be giving specific directions and guidance to each individual following their needs. We will slowly uncover the range of expression of your unique clown, and gradually reveal the innocence, wonder and natural humour inherent to Sacred-Clown Theatre.

### Some topics:

- creating a Sacred Space
- tuning into Essential Nature
- bringing compassion into creativity and interdependence
- mindfulness in movement/stillness
- innocence, openness and simplicity in play
- vulnerability and rootedness
- presence at the threshold of imagination
- developing artistic skills:

#### The Mime-Clown

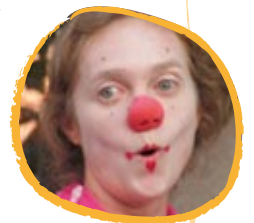
- feelings in authentic movement
- the faces and postures of emotions
- vignettes of daily life, infused with poetic imagination

#### The Dancing-Clown

- from stillness to creative movement
- enhancing expression
- playing with rhythm
- dancing for joy

#### The Musical-Clown

- remembering The Simpleton outlook to music
- awakening the pleasure and blessing of breath and sound
- cultivating the voice of devotion
- exploring the colours and textures of emotions through the rich moods of Indian Raga Singing, leading to singing-clown improvisations



If you can listen,  
you can hear.  
If you can hear,  
you can feel.  
If you can feel,  
you can sing.

## Booking & Payment

**VENUE:** Casa Saraswati, Carretera General Las Cañadas 273, E-38310 La Orotava, Santa Cruz de Tenerife, Canary Islands.

**COST:** €590 = €350 deposit + €240 to pay on arrival. The fee covers food, shared accommodation and tuition.

**BURSARY:** If you have some financial difficulties please email us. We will do our best to accommodate your needs.

**BOOKING:** Please check availability by phone or email before paying (tel: +34 922 334 007; email: [bookings@sacred-clown-as-healer.co.uk](mailto:bookings@sacred-clown-as-healer.co.uk)). Then, to secure your place, send your deposit of €350\* (non-refundable) via bank transfer as soon as possible. Please return the form attached by email or post.

\* euros only

### **BANK TRANSFER DETAILS:**

**Payable to:** Casa Saraswati SL

**Bank Details:** Bankia

Av. Canarias, 35 Edif. Res. Real, Los Realejos, 38410 Santa Cruz de Tenerife, Spain.

**IBAN:** ES69 2038 4740 95 6000049604

**Swift or Bic Code:** CAHMESMMXXX

Please register your transfer at your bank with your name and start date of the retreat as reference. Example: *John Smith 16.02.13* so that we can identify who has paid the deposit.

**BALANCE:** The remaining fee of €240 is payable in cash on arrival in euros only.

**TIME:** The workshop starts on Sunday 17<sup>th</sup> February with lunch at 12pm, and finishes on Saturday 23<sup>rd</sup> February after lunch around 3pm.

To get the most benefit from the retreat, we strongly recommend that you travel to Casa Saraswati the day before and return the day after. There is a special price of €30 per night for the 16<sup>th</sup> and 23<sup>rd</sup> February. For further extra nights the cost is €35 per night (*food not provided*).



## Course Information

The daily programme will include a morning mindfulness and compassion practice, about six hours of Sacred Clowning and Raga singing, a practice of cultivating the heart through sound. There will be a daily 30 minute practical contribution such as cutting vegetables or preparing the meditation room. This programme may vary according to the needs of the day, and the group aspirations.

Casa Saraswati offers vegetarian food and shared accommodation for the duration of the course. Before and after the course you can stay on a self-catering basis only. The village shop is 2 km away. A bread and fruit snack can be purchased on your arrival at a charge of €3. Extra nights accommodation and snack are only available if booked on the registration form with details of your arrival and departure time.



## About Casa Saraswati

A blessed land for healing and the arts, spaciouly spread on seven terraces, 800 metres above the sea. Here the boundless love of the Great Mother overflows as you breathe, as you leisure among fruit trees, flowers and groves. And so, you merge with the vast expanse of sea and sky, here below, and become as still as Pico El Teide our Southern guardian. An oasis of peace, it is situated in the luscious rural area of the North West, away from all the touristic developments of Tenerife. It has a wonderful sub-tropical climate the whole year around which allows the growth of exotic fruits, flowers and avocado. This climate has proved to be beneficial to various health conditions.

To see some pictures, google "Casa Saraswati new centre".



## What To Bring

It is a warm location but a little rain can come in winter and as we are 800 metres up it can be cool in the evening. Bring along light clothing, a swimming suit and a towel as we might go down once to the sea. Something warm like a jumper, an anorak etc might be useful in the evening.

For clowning: Bring your red nose, if you have one. If you play a small musical instrument that you can carry, it might be of use. You can also bring any small props that speak to you and can become different things in improvisation. These can be small items like a string, a rope, a cloth, a ribbon, a scarf, a hat, a bell. If you can, bring a simple costume like trousers, skirt, leggings, shirt, T-shirt, in plain colours from the rainbow range. This is in order to explore the effects of colour in improvisation.

## How to get there

### BY PLANE:

The nearest airport is Tenerife North, but less flights are available. The Tenerife South airport is 1 hour 15 minutes away from Puerto de La Cruz, the nearest big town.

[www.ryanair.com](http://www.ryanair.com)

[www.edreams.com](http://www.edreams.com)

[www.easyjet.com](http://www.easyjet.com)

[www.dialaflight.com](http://www.dialaflight.com)

[www.lastminute.com](http://www.lastminute.com)

[www.avro.co.uk](http://www.avro.co.uk)

[www.monarch.co.uk](http://www.monarch.co.uk)

[www.thomsonfly.com](http://www.thomsonfly.com)

[www.skyscanner.com](http://www.skyscanner.com)

[www.airberlin.com](http://www.airberlin.com)

For all these companies check the extra costs concerning hand luggage and hold luggage.

### BY TAXI:

A taxi cost from Tenerife North airport should be about €30 and from Puerto de la Cruz about €20.

### BY BUS:

From either airport take any bus to Puerto de la Cruz or La Orotava. Then take the 345 to Cañeño. Please note there are no buses after 9:50pm.

### BY CAR:

From Tenerife South Airport, take TF1 motorway towards Santa Cruz. Then take the TF5 motorway via Tenerife North Airport. Exit at Junction 33 following signs to La Orotava/Ruta El Teide. Pass through the small village of Barroso and go on until kilometre stone 10 on the right-hand side of the road. After another 200 metres you will see the entrance to Casa Saraswati to your left.

**ON TRAVEL DAYS ONLY:**

**16th and 17th February 2013**

**Mobile: +34 665 190 343**

**Future  
Events**

at Casa Saraswati

**MIDSUMMER CLOWNING  
PERFORMANCE COURSE**  
15th - 22nd July 2013

**SACRED CLOWNING RETREAT**  
9th - 16th November 2013

[www.teatro-del-corazon.org](http://www.teatro-del-corazon.org)