

Fun for the whole family

Saturday 1st June

Playing brass on garden hoes, funnel & co.

16:00 - 18:00

Saturday 6th July

Why, Where and What do I actually hear?

16:00 - 18:00

Saturday 3rd August

Playing brass on garden hoes, funnel & co.

16:00 - 18:00

Adult	10 €
Child 12-18	8 €
Child 5-11	5 €

Family activities follow onto our family disco!

19:00 - 21:00

More ...

Sunday 4th August

Cycles of my life

10:00 - 17:00

65 €

Saturday 10th August

Archetypes in Mythology

10:00 - 17:00

65 €

Saturday 24th August

The 8 peaces of Brocade in Qi-Gong

14:00 - 18:00

30 €

REGISTRATIONS CLOSE 10 DAYS BEFORE EACH WORKSHOP!

Every Monday (All year round)

Meridian Qi-Gong (The Chinese art of Movement)

19:00 - 20:00

Single class	8 €
8 lesson package	52 €

PLEASE BE AWARE THAT ALL COURSES ARE HELD IN ENGLISH

End of Season Party

Saturday 7th September

15:00 - END



Contact

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For more information please visit our website:

www.valdonedo.net



Summer 2024



Welcome to our life project "Quinta da Vida" Valdonedo.

Join us for a summer of events, workshops and seminars, such as open jam sessions, meditation, coaching, Qi Gong and our family disco.

Come along and find out more about us and what we offer

Opening Party

Saturday 27th April

14:00 - 23:00

Our series of workshops

Living the music

Sunday 12th May

Music and mindfulness
10:00 - 17:00

Sunday 26th May

5 levels of perceiving music
10:00 - 17:00

Sunday 30th June

Musical dialogues
10:00 - 17:00

Sunday 21th July

From the impulse to music
10:00 - 17:00

Sunday 25th August

Musical improvisation
10:00 - 17:00

Single workshop 65 €
Entire series 300 €

URSA Seminar I Basic

Sunday 7th July

10:00 - 17:00

URSA Seminar II Advanced

Sunday 18th August

10:00 - 17:00

Single workshop 120 €
Entire series 240 €

Permaculture

Sunday 19th May

Ground
10:00 - 17:00

Saturday 25th May

Design
10:00 - 17:00

Saturday 8th June

Structure
10:00 - 17:00

Sunday 16th June

Maintenance
10:00 - 17:00

Register before 5th May
Entire series 180 €

Spirituality and Meditation for all

Sunday 9th June

Forgiveness
10:00 - 17:00

Sunday 14th July

Sincerity and Bravery
10:00 - 17:00

Sunday 11th August

Shamata - The Tibetan technique of silence
10:00 - 17:00

Single workshop 65 €
Entire series 195 €

Musical Program



Saturday 11th May

Effortless playing - Music and movement 65 €
10:00 - 17:00

Saturday 15th June

Playing the Blues scale 10 €
16:30 - 18:00
Open Blues jam session
19:00 - 23:00

Saturday 29th June

Trombone in Jazz 65 €
10:00 - 17:00

Saturday 20th July

Live arrangement 10 €
16:30 - 18:00
Open jam session
19:00 - 23:00

Saturday 27th July

Jazz improvisation on the trombone 65 €
10:00 - 17:00

Sunday 28th July

Practising in the flow 65 €
10:00 - 17:00

Saturday 17th August

Balkan music workshop 10 €
16:30 - 18:00
Balkan jam session
19:00 - 23:00

REGISTRATIONS CLOSE 10 DAYS
BEFORE EACH WORKSHOP
EXCEPT JAM SESSIONS

Saturday 31st August 14:00 - 20:00

Live recording session

Speators from 19:00 - 20:00 5€