

Our team in Andalusia

José Luis Aragón Sánchez is a well known name in the world of ceramics. However, in the online world not that much. If you want to find him, you have to track the footprints of his students - masters of ceramics and traditional handcrafts. José lived, worked and exhibited in Cádiz, Paris, Barcelona and Valencia where he has 4 art pieces in the National ceramics museum. Today he lives near an Andalusian village of Conil with his wife Anne and 2 horses, surrounded by nature and creativity. During his professional life, he was inspired the most by Ming dynasty which was the subject of his studies in detail. He will let us take a look in his life and art during 4 3-hour long sessions around the mud, kickwheel and Spanish language. On the picture with his students, he is the one on the left.

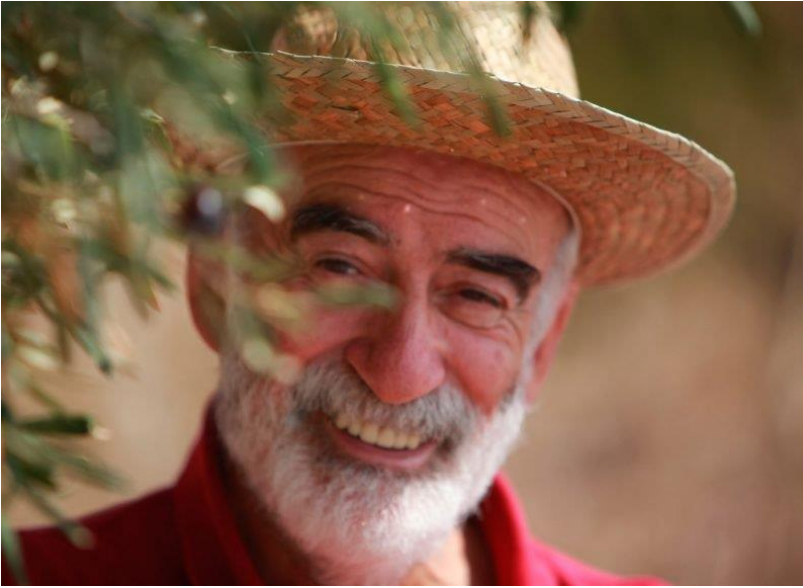


Teresa discovered yoga during her geography studies in the Netherlands and it was love at first sight. Or shall we say first shawasana? Since then, she has been practicing it intensively for 15 years. She is a certified teacher in yoga and aeroyoga, and is dedicated the most to mindfulness, self-awareness, healthy lifestyle and eastern philosophies.



What we will focus on with her is flexibility and articular mobility (specially emphasizing the spine, since a supple spine is also a young one), strength, muscle tone, alignment, balance and coordination, breath and body awareness, mental calm and conscious practice in a non-competitive environment of acceptance and good energy.

When retiring, **Ramón**, originally a technical technical engineer decided it is not too



late to become a wine and olive cultivator and bet on the ecological way combining healthy lifestyle, quality food and respect towards environment. Ramón will explain how he managed to turn wastelands into thriving winery, olive and fruit groves and herbal beds. In 10 years of existence, he managed to grow a botanical garden, where you can walk, smell, taste and watch „live“ how fauna and flora coexist and how they help each other in blossom. A part of his wineries

is also an open-air Museum of olives, thanks to which we will learn how to recognize basic kinds of olives according to its a branch, leaf or a fruit.

La Rubia was learning flamenco directly from the gypsies at the south of France, later in Madrid, Seville and Jerez. In the past 20 years, she managed to have shows throughout Spain and abroad, she also teaches and acts in theatres. We will meet her in Jerez de la Frontera, birthplace of flamenco.

As she likes experiments, La Rubia combines this dancing style with contemporary or Indian dance. In flamenco, she is searching for the maturity and authenticity through improvisation and connection with music the way that the dancer does not only imitate set-up choreographies but they are able to express oneself through dance.

This is what she is also trying to awake in us. During her workshop, she will engage us in flamenco thanks to her boisterous energy and she will get you in the heat of the moment. It is breathtaking to watch the flamenco show on the stage but nothing will replace the feeling when you are a part of it.



Íñigo is a part of a surf school we cooperate with for its professionalism, human attitude and respect towards environment. Although they have already taught lots of students, they care about every single new participant and treat everybody personally and with individual approach.



A few years ago, Íñigo founded an NGO called Respect the Sea. They often organized beach cleaning and got engaged in initiatives for clean ocean. As a husband and father, he had to pause this activism for a while but he desires to renew it. Will we help him with that?

