



Gravity & Grace

an international Open Floor dance retreat

*an immersive journey into movement,
dance, awareness and creative discovery*



KINĒSIS
COLLECTIVE
art of moving humanity



OPEN
FLOOR
Movement Practice

Aluenda, Spain
October 22 - 26, 2025



Gravity & Grace

an Open Floor retreat

about the retreat

Life invites us to hold paradox — to be grounded and spacious, soft and strong, tender and resilient.

Join us for an immersive Open Floor retreat where we explore the dynamic interplay between gravity and grace—the grounding force that anchors us and the uplifting energy that frees us.

Through guided movement inquiries, we'll invite the body into presence, dancing with what holds us back and what propels us forward.

This exploration will give you tools to meet life with more resilience and openness, finding balance in how we can be a solid presence for ourselves and others and surrender to the beauty of grace.

Whether you come feeling heavy or light, curious or cautious, this is a place where your movement is welcome — where your dance is always enough. It is a space of breath, to pause, to cradle with tenderness all the fragments that make us whole.

All bodies, all stories, all rhythms welcome. No previous dance experience necessary.

"Gravity and Grace" is a term that is often used to describe a duality of opposing forces. While gravity roots us to the earth, giving us weight and solidity, grace lifts us up, freeing us to connect with something larger - be it spirit, nature, or community. Where gravity provides stability, grace brings flow and fluidity. Where gravity anchors the body, grace invites freedom of movement.

In essence, "Gravity and Grace" explores seemingly opposing forces; the struggles and joys of the earthy human condition with the melting and dissolving into a divine-like grace, a natural surrendering into something more profound.

English, Italian & Spanish

The retreat will be taught mainly in **English** and some **Italian** and **Spanish** when necessary.

“ Grace is the elegance of the soul in motion. ”

Anonymous



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for those who

would like a welcoming space to explore the body's innate wisdom, cultivating presence, creativity, and connection.

This workshop is well-suited for:

- *All bodies*
Those that are new (and old!) to embodied movement and are curious to explore how it could resource themselves and others. All bodies, all stories, all abilities welcome.
- *Dedicated Movers*
Individuals that already dance and would like to find out more about the Open Floor curriculum.
- *Professionals*
People in fields such as coaching, social care, health care, other movement facilitation and education who would like to incorporate embodiment and mindfulness in their work .
- *Mental Health Professionals*
This who already work with embodied approaches or want to integrate them into their practice.

This workshop is open to all, no dance experience necessary.

Why join?

This is a retreat that puts the body at the foreground of living in the world. It may be perfect for you if you want...

- to rest, reset and remember that your body is your home.
- to learn more about the Open Floor curriculum contributions.
- to add more movement and dance in your life.
- to help you navigate life's challenges and joys through a body-based practice.
- to have time away from everyday pressures in a beautiful environment.
- to celebrate life in movement.

“I'm not so much interested in how they move, but rather in what moves them.”

Pina Bausch



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about Open Floor

Open Floor International is a global organization that inspires people to move.

What is Open Floor?

Open Floor is a conscious movement practice that offers a series of resources that allows us to connect, explore and express ourselves freely and authentically through dance, music and mindfulness. This practice offers tools to support ourselves and contribute meaningfully to others and our communities.

This practice integrates all dimensions of our being—mind, body, emotions, and soul—by connecting breath, movement, and present-moment awareness. It nurtures our need for expression, enhances our presence, awakens creativity, and fulfills our relational and belonging needs, allowing us to fully engage and flow with life.

The Open Floor core curriculum offers us tools to navigate everyday life through embodied awareness - embedding in the body experiences of fluidity and fixedness, expansion and contraction, stillness and action, presence and absence, moving towards what we wish for or away from what does not serve... and much more. During the retreat we will share the core foundations of the Open Floor movement curriculum.

Core Movement Resources - CMR

- Center
- Ground
- Activate & Settle
- Expand & Contract
- Towards & Away
- Spatial Awareness
- Release
- Dissolve
- Vector
- Pause

The Core Movement Resources (CMR) offer a flexible framework to enhance wellbeing on and off the dance floor. In the dance we use these to expand our range of movement, explore our patterns, increase spontaneity, creativity and relational capacity – embedding new neural pathways through movement.

There is a direct relationship to movement and our ability to adapt to the environment. As we expand our 'movement vocabulary' we enhance our resources to adapt to life with flexibility, resilience and ease.

“ Dance is the hidden language of the soul. ”

Martha Graham



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who we are

Kinesis Collective, a team of three Open Floor teachers united by our shared passion for movement as a path to self-development and awareness.

What is Kinesis Collective

Rooted in the Greek word *kinesis* — meaning motion — our name reflects the dynamic energy, connection, and transformation that arise when bodies, emotions, and life rhythms meet.

As a collective, we bring together our experience and creativity to offer spaces where growth unfolds through the power of movement, collaboration, and embodied presence.

Jenny England

www.jennyengland.com



My holistic journey began in the 1980s with the practice and teaching of homeopathy and various bodywork modalities.

In my mid-thirties with a young family, I shifted towards music and dance - opening a new path into teaching music through the body and collective and improvised music practices.

I've since trained as an Open Floor teacher, and alongside teaching dance, I am completing a doctoral study exploring music and movement for people living with dementia. In addition, I continue to practise homeopathy.

I bring to the floor decades of teaching experience and a love for the beauty of life moving through the body in movement.

Jorge Xapa

www.jorgexapa.com



I have had the privilege of accompanying individuals and groups across countries including Mexico, Colombia, Costa Rica, Chile, and Spain—guiding them through individual Ontological and Somatic Coaching sessions, as well as facilitating group Expressive Movement workshops rooted in energy centers and the Open Floor Conscious Movement & Mindfulness Practice.

"In my experience embodiment has a unique way to support personal processes in a deep and a subtle way, and with the help of music the sensations and emotions become alive to express what the mind is not capable to articulate."

Sevanti Jo Attwood

www.being-in-unity.com



I have taught dance, yoga, massage and healing since 1998. With a dance degree at Laban, and 25 yrs of somatic movement inc Open Floor, I lead global retreats, events & professional trainings.

I'm passionate about inclusivity, where embodied movement creates an opportunity for joy, self-awareness and profound rest. I enjoy holding sacred spaces, inviting compassionate self-awareness in a grounded, yet spiritually embodied way.

Dance is my innermost passion, since a child it has brought me deep peace and happiness. I love weaving in beautiful music, poetry & ritual to provide a healing space for others to connect and shine.

“**Dance is movement, it is action,
and like all action, it reveals
ourselves in the act.**”

Gabrielle Roth



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about the venue

La Casa Toya... personal growth courses, residential groups, yoga, therapies, ovo-lacto-vegetarian buffet.

la casa toya

Located in the Vicor Sierra close to the beautiful town of Aluenda, Spain.

With more than 12 years of experience in holding space for personal growth courses, residential groups, yoga, therapies in their exceptional meeting / dance spaces.

Offering to their guests an incredible lodging offerings and an exceptional Ovo-Lacto-Vegetarian buffett.

Click [here](#) for Video

Click [here](#) for google maps

Click [here](#) to download the lodge booking Info





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schedule info

Program is subject to change according to the needs of the group.

program /schedule

Wednesday 22nd

- Arrive– 14:00 @ 17:00 hrs.
- Rooms allocation / Free time.
- Welcome Dance – 18:00 @ 19:30 hrs.
- Dinner - 19:30 @ 20:30 hrs.

Thursday 23th

- Breakfast - 8:30 @ 9:00 hrs.
- Morning Session – 10:00 @ 13:00 hrs.
- Lunch - 13:30 @ 15:00 hrs.
- Afternoon Session - 16:00 @ 19:00 hrs.
- Dinner - 19:30 @ 21:30 hrs.

Friday 24th

- Breakfast - 8:30 @ 9:00 hrs.
- Morning Session – 10:00 @ 13:00 hrs.
- Lunch - 13:30 @ 15:00 hrs.
- Afternoon off - massage, thermal, walk, etc.
- Dinner - 19:30 @ 21:30 hrs.

Saturday 25th

- Breakfast - 8:30 @ 9:00 hrs.
- Morning Session – 10:00 @ 13:00 hrs.
- Lunch - 13:30 @ 15:00 hrs.
- Afternoon Session - 16:00 @ 19:00 hrs.
- Dinner - 19:30 @ 21:30 hrs.

Sunday 26th

- Breakfast - 8:30 @ 9:00 hrs.
- Morning Session – 10:00 @ 13:00 hrs.
- Lunch - 13:30 @ 15:00 hrs.
- Departure

Ready to apply?

Reserve your place [HERE](#)

It's important to fill out this Google form before your payment:

Gravity & Grace Retreat Reservation



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book your place

“Be patient with yourself, self-growth is tender; it’s holy ground, there’s no greater investment.” – Stephen Covey

Choose your price:

Early Bird — 345€ *

Access rate — 415€

** until August 31st, 2025, after that only access rate will be available.*

+ choose your lodging options: **

Single 89€— 4 nights for 356€

Double 83€— 4 nights for 332€

Triple 65€— 4 nights for 260€

Quadruple 56€ — 4 nights for 224€

*** all meals included in a ovo-lacto-vegetarian buffet*

Ready to apply?

Please fill out the form to book your spot and to select the type of accommodation you desire to receive payment instruction.

Click below:

Gravity & Grace Retreat Reservation

Note:

If you are currently experiencing financial difficulties and you are committed to the event, don't let this be an obstacle, please contact us.

7wise

Name

Kinesis Collective

Account Number

46722076

Sort code

23-08-01

(only for UK domestic transfers)

IBAN

GB53 TRWI 2308 0146 7220 76

SWIFT / BIC

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