

# Live your Mythos in Elatochori!



**Easter 2014**

**With Apostolis Skrekas,  
Nikos Moutselos and Chara Alesta!**

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## 1st seminar of Greek Traditional Dance April 15<sup>th</sup> to April 22<sup>nd</sup> 2014

The time has come for Apostolis Skrekas to welcome all of his friends to Greece! For everyone of you who wish to experience a seminar full of dancing and singing with specialists in greek traditional dance, workshops with musicians and lots of glentia with live traditional music every night this is the time for you to come to Greece and join the festivities!

The week long seminar will take place from April 15<sup>th</sup> to April 22<sup>nd</sup> in Elatochori. Elatochori is a village located in the Pierian mountains, 28 klm from Katerini and 95 klm from Thessaloniki. The seminar will be held in Hotel Mythos, which has the friendliest owners and staff and is ready to accommodate you in the most sufficient way possible.

For six days, from April 16<sup>th</sup> to April 21<sup>st</sup>, we will have morning and afternoon dance workshops with:



### **Apostolis Skrekas (Dances of Eastern Romilia - Northern Thrace).**

If you know Apostolis, you already love him. If by any chance you don't, ask around!

Apostolis is one of the handful people who are passionate about safeguarding the musical and dancing traditions of the Thracians of Anatoliki Romylia.

He holds a degree specialized in traditional Greek dances and is currently teaching dances in the Hellenic Club of Women in Katerini, in the dance group Chorostates and the Traditional Dance Workshop For Teachers in Thessalonike. He was also teaching traditional dances on the Aristotle University of Thessalonike's Sports Academy for 5 years.

Due to his vibrant personality and exceptional didact skills, Apostolis has been invited to teach at numerous dance seminars on Greece and abroad (in Cyprus, Germany and France among others.)



### **Vangelis Tsaganos (Dances from the region of Serres)**

Vangelis completed his degree in Physical Education and Athletics from Aristotle University in Serres and ever since, he dedicated his life in research. He is a well known and respected dance instructor, teaching many seminars both in Greece and abroad. Everyone who gets to know him, have the best to say about him being both a teacher and a friend!



### **Kostas Nikolaidis (Pontos)**

Kostas's name is equivalent with Pontos and once you see him dance, you 'll most definitely understand that! He is one of the best dancers in Greece and a well known dance instructor. He teaches in several Pontian Associations in Northern Greece and in the Hellenic Club of Women in Veroia. His excellence makes him high in demand and we are lucky to have him with us.



### **Chara Alesta (Thessaly)**

Chara is a graduate of the Department of Physical Education and Athletics from Aristotle University of Thessaloniki. She was born in Trikala and has grown to be a great dancer but most of all a teacher who fully grasps the importance of the greek traditional dance. She teaches in the Hellenic Club of Women in Katerini, in the dance group Chorostates in Thessaloniki and in several groups in the region of Imathia. Since Apostolis is her uncle, she is lucky enough to has him as her guide and fellow traveler in the never ending journey of discovering greek traditions.



### **Giannis Tsirogiannis (Episkopi Imathias)**

Giannis is a also a graduate of the Department of Physical Education and Athletics from Aristotle University of Thessaloniki. He was born and raised in Veroia but his mother comes from a village near Episkopi. Despite he's young of age, he is a mature teacher and dancer, since through years of research he has come to understand the region of Episkopi and be able to share his knowledge. He teaches in several groups in the region of Imathia.



### **Nikos Moutselos**

Special workshops in rhythmology and musical instruments (gaida and traditional drums such as dauli, defi etc.) will be held by Nikos Moutselos. Nikos is a very talented musician as well as a very skillful dance instructor. He will be with us and guide us through the musical paths of traditional drums!

### Activities - Excursions:

Since the seminar will be held during the week of Easter, we will have the possibility to enjoy a beautiful spring week and experience a Greek Easter in its full depth. We will attend the service of Epitaphios in Elatochori during Good Friday.



We will also attend the service in the local church during the midnight of Holy Saturday for the Resurrection of Christ and we will celebrate Easter Sunday with a traditional glenti!



We will of course have the opportunity to taste all the famous Greek Easter delicacies, such as roast lamb, mageiritsa, kokoretsi, red eggs and tsoureki.



On Easter Monday we will visit Meteora and marvel the breathtaking scenery.



There, we will visit the most popular local cave, dedicated to St. George Madilas and located in one of the steepest slopes of a high rock. The meaning of this cave's name is "Saint George with the Scarves" (Madilas) and it is justified by a traditional custom that takes place every year on Easter Monday and originated in the era of the Turkish Occupation in Greece. In the 17th century, a local Muslim landowner cut some trees from the sacred forest that was dedicated to Saint George. The Saint then caused the paralysis of that man's hand, but he was cured after he offered to the Saint his wife's veil, a most valuable gift according to the Muslim religion.



To symbolize that act of donation honouring Saint George, believers hang colorful scarves once a year on a rope supported by trees, near the cave's entrance. Young men from the neighboring village participate in an annual climbing competition and carry down the old scarves which they then keep at home as a token of good health.

Last but not least, we will participate in the local festivities for the cultural custom of "Roka", which will be held during Easter Tuesday in the nearby villages of Ritini and Elatochori.



### **General Information - Program**

#### **Tuesday, April 15<sup>th</sup>, afternoon:**

Welcome session - Registration, introductory information and short presentation of the regions that will be taught during the seminar. In the evening, after dinner, glenti with live traditional music.

#### **From Wednesday (April 16<sup>th</sup>) up to Monday (April 21st):**

Morning and afternoon workshops with the abovementioned dance and music instructors.

The workshops will last 6 hours per day.

The workshops will be given in greek and english, but there is possibility of translation in italian and german.

The workshops will mostly take place in the hotel's special seminar room and sometimes, when the weather allows it, in natural surroundings. Additionally, we will have workshops with singing sessions, lectures on customs, local traditions and traditional costumes.

In the evening, every day after dinner, glenti with live traditional music.

**Easter Monday (April 21st):**

We will do the revision of the dances taught.

Trip to Meteora.

**Easter Tuesday (April 22nd):**

We will attend the local festivities for the Burning of Roka in Elatochori and Ritini.

Our checking out will be at noon.

The trip begins in Thessaloniki on Tuesday April 15th 2014, with a meeting point for all those wishing to travel together by bus to Elatochori. All transportation to and from Elatochori, to and from Meteora and the villages of Elatochori and Ritini will be provided.

In Elatochori, all participants will be provided with information packages of the regions and costumes as well CDs and DVDs of the dances and music concerning the regions that will be taught during the seminar. A gift package full of traditional greek products will also be given to you, so that you will be able to take home with you a token of Greek traditional flavours. All the participants will also receive a T-shirt commemorating the first of hopefully many to come seminars. All travel necessary to the meeting point in Thessaloniki as well as leaving Thessaloniki, are at the expense of the participant. Lastly, the insurance is the responsibility of the participants.

The cost for the seminar is **525 Euro**. A deposit of 300 Euros is required to book a placement in the seminar and is due no later than January 31<sup>st</sup>, 2014. The cost for the seminar includes accommodation, full board, transportation to and from Elatochori and cultural customs in the villages.

**Cancellation policy:**

**Up to 4 weeks before the seminar starts:** the total deposit will be reimbursed.

**Between 2 and 4 weeks before the seminar starts:** half of the deposit will be withheld (unless replacement is found).

**2 weeks or less before the seminar starts:** the total deposit will be withheld (unless replacement is found).

The hotel provides internet access. Pharmacies and supermarkets can be found in the nearby village of Ritini (4 klm from Mythos). In Katerini, which is nearby Elatochori, all regular amenities are available from hospitals, doctors, ATMs and banks etc..

For further information about the seminar, please contact Apostolis Skrekas, Nikos Moutselos or Chara Alesta directly, preferably via e mail ( [askrekas@gmail.com](mailto:askrekas@gmail.com) [moutselos2@gmail.com](mailto:moutselos2@gmail.com) [alestaxara@gmail.com](mailto:alestaxara@gmail.com) ).

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