

Sacred Dance & Healing Retreat

with Jos Galdermans

5-16 September 2026 on the Croatian island 'Iž'

Dance Light

Be Light

Send Light

For the 17th year in a row, Jos is facilitating a sacred dance intensive on this little green gem in the Adriatic Sea. More than ever before will we focus on grounding and cleansing ourselves, on creating internal space, on focussing and directing the light energy that is created, which has healing and transforming capacities. We will send it out into the world; a small contribution towards a positive energy shift on our planet.



The terrace on which we dance is open to three sides so we can see the sea and the olive trees

Iž offers everything needed to ‘get the best out of ourselves’. Beautiful and peaceful, it offers quiet little rocky beaches where you can be private and small country lanes for walks. The sea is crystal clear and the temperature of the water is pleasant. We enjoy on a half board basis the great vegetarian and vegan food of our hotel. The participants to the dance course come from various countries and they all add their own lovely energy to the total. In short: it is the ideal setting for recharging our batteries and at the same time together sending out into the world the beautiful and subtle energy that is created in the dancing.



after evening dances there is time for a glass and a chat



Sunrise over the neighboring island Ugljan

Each day we will dance in the morning and part of the evening, leaving the long afternoon for you to spend exactly as you prefer: rest, walk, swim etc. Within a few minutes’ walk you will find two small supermarkets, a post office and several nice cafes and restaurants.

And everywhere nature is nearby; everything in a nutshell!



Hotel Korinjak 50 meters from the sea

Travelling and prices

There are several budget airlines (Ryanair and others) that fly to Zadar or Split from many European cities. Before you book your flight, please contact Jos to see if your flight schedule corresponds with the boat services to the island (1 hour trip). If you have never been to Iz before, we will be happy to provide you with detailed travel information so that everything is clear to you. We will inform you on other participants that could perhaps join you on (part of) the trip to Iž. Although we hope that many will join us for the full 11 days, including the 'finale', you have the option to join us for anything from one week to eleven days.

The price of the 11 day-course is € 400 per person. The cost of transport from the airport to the hotel is approximately € 8 one way. If you are travelling by car, please contact us for route details and for booking the car ferry in advance. You could arrive on Saturday September 6. The program starts on Sunday morning and finishes on Wednesday September 17. around noon. You can of course arrive at the hotel days before the course (higher prices because still 'high season') and leave later than September 17.



boat trips from the hotel to the nearby islet Rudnjak

The accommodation costs include extensive breakfast and dinner buffets. All rooms have air conditioning and balcony. There is also a quiet private campsite directly behind the hotel, with plenty of shade from the Mediterranean pines and with new sanitary facilities. Hotel prices are excl. € 1.50 tourist tax per day and **incl. the 10% discount you receive if you have booked with them and paid the down payment before the end of January!**

<u>type of room</u>	<u>price per person/per night incl. half-board</u>
2 pers./shower/wc/ balcony	€ 71
1 pers./shower/wc/ balcony	€ 81
camping own tent (or rent at an additional cost)	€ 44



Reservation / registration / payment

Please send an email to jos.galdermans@gmail.com with your name, address, mobile phone number and your choices (dates and times of arrival and departure/type of room /name roommate, dietary restrictions). At the same time please transfer a € 100 deposit to IBAN: NL23INGB0005337904 BIC code of the bank: INGBNL2A to: Jos Galdermans, Arnhem, The Netherlands.

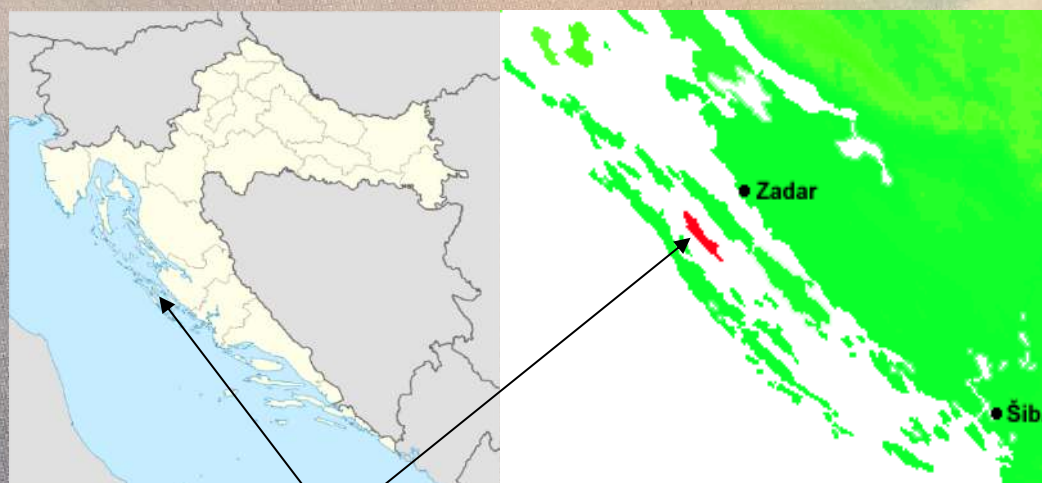
You will receive a confirmation email by reply. The remainder of the course fee must be paid in cash at the hotel reception.

The hotel requires a 30% deposit of the accommodation costs upon booking. To profit from these reduced prices this deposit must be received by them before the end of January. After that prices are 5% higher. After March 31 another 5% is added. The remainder of the hotel costs can be paid to the hotel before check-out by bank card or in cash. Since 2023 Croatia has the Euro as its currency.

HOTEL KORINJAK: reception@korinjak.com +385-23277064 MOB+385-953720024

It is important to book as early as possible and pay the deposit to the hotel in time to avoid disappointment!

End of August, you will receive the names of the participants and any additional information.



Island Iž

If you have any questions, if you need a price reduction or if you need some help with booking your flight, do not hesitate to contact me! Béa and I are looking forward to welcoming you in the dance circle!



Jos Galdermans 0031-(0)634187306

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Jos Galdermans graduated in Sacred Dance in 1991 and has been active as a dance teacher and choreographer in and outside the Netherlands ever since. He is the principal of the 'Sacred Dance Academy'.

Jos's choice of dances, both from his own choreographies and from the existing repertoire, in addition to his style of teaching and the use of energy flow exercises, all contribute to the healing aspect of the dance experience. A healing for ourselves, for others and for the planet. After all, there is no limit to the possibilities of positive energy.