

WORKSHOP CASA

HOLIDAYS CARDAL, PORTUGAL

SUNDAY 02-09
AUGUST
2026



ANITA DAULNE

ETHNO VOCAL GROOVE

Singing, uplifting the spirit, nourishing the soul... This immersion is a unique opportunity to dive into the heart of Afro-ethnic polyphony. Under the guidance of Anita Daulne, the workshop offers an intuitive pedagogy rooted in vocal blending and the richness of oral traditions from around the world. More than a simple course, **Ethno Vocal Groove** is a human adventure that celebrates diversity, strengthens bonds, and turns each participant into an actor in a universal dialogue.

A vocal experience to reconnect with oneself and others, where music becomes a living language capable of bringing people together.

In the program:

Warm-up, rhythmic exercises, improvisation, and learning a repertoire specific to Ethno Vocal Groove. Without sheet music, learning happens through listening and movement, making the body an instrument in its own right.

A week to experience music differently.

WORKSHOP ANITA

HOLIDAYS DAULNE

SUNDAY **02-09**
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ETHNO VOCAL GROOVE

Teacher of polyphony, singer, composer and performer.

Anita (ex Zap Mama) traces her cultural origins to the Congo and to Belgium. For many years she has worked on the musical development of traditional songs, the contribution she has made to our western world and as a complement to modern European and American music.

For some time she has been exploring this world of sounds to extract specific lessons, in particular the essentials of different vocal practices around the world. This has come about through considerable work, now recognized throughout the world.

At the same time, she wished to share her excellence in musical research within the European and even the American sphere, where all too often ethnic music is considered inaccessible.

It consists of teaching and celebrating this universe of music and promoting song techniques seldom or never known in western music academies and by adapting such workplaces to place them within reach of everyone.

To do this, Anita has traveled throughout North, South, East and West Africa; she has learned, exchanged and shared information with griots or bards, Tuareg women, Dongons, Peulhs, Pygmies, Mangbetu, Zulus and others. We have done this simply to make the western world aware of some of its riches.

<https://www.anitadaulne.com>

WORKSHOP

HOLIDAYS PROGRAMME

SUNDAY **02-09**
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Sunday, **August 2: Arrival** & Dinner

Monday, Tuesday, Wednesday, Friday, Saturday :

8:30 AM: Breakfast

10:00 AM - 12:00 PM: Singing Session

1:00 PM: Lunch

5:00 PM: Snack

5:30 PM - 7:30 PM: Singing Session

8:30 PM: Dinner

Thursday: Free Day

Sunday, **August 9: Breakfast & Departure**

REGISTER: [HOOPEE.BE/ANITA](https://hoopee.be/anita)

WORKSHOP

HOLIDAYS LODGING

SUNDAY **02-09**
AUGUST
2026

Cardal, Ferreira Do Zêzere, Portugal

Lodging in shared double and triple **rooms**

Lodging in a glamping tent: for two people (2 single beds)

Lodging in your own tent/campervan

Lodging @ relaxscape.pt: private rooms for rent within walking distance

Full board

Breakfast, lunch, afternoon snack, and dinner are carefully prepared on-site by the in-house chefs.

Relaxation:

Singing, swimming, sunbathing, walking, resting, and enjoying.

Swimming pool on-site

The Rio Zêzere river winds its way between the mountains to flow into the Tagus River. Bairradinha is one of the river beaches and is located 2 km from Casa Cardal.



ETHNO VOCAL GROOVE

WORKSHOP

HOLIDAYS PRACTICAL

SUNDAY **02-09**
AUGUST
2026

Price per person: Singing sessions, meals, drinks (coffee, tea, water)

€445 for a singing holiday with

- lodging in double and triple rooms
- lodging in a glamping tent (2 single beds)

+ **€200 on-site** (expenses)

€370 for a singing holiday with

- lodging in your own tent/campervan
- lodging @ relaxscape.pt: private rooms for rent within walking distance

+ **€200 on-site** (expenses)

Exclusive

- Transportation to Cardal, Ferreira Do Zêzere, Portugal
- Meals on the free day
- Other drinks, personal expenses
- Insurance

Min. 10 - max. 15 participants

Organisation: Hoopoe vzw | info@hoopoe.be

ETHNO VOCAL GROOVE

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