

~ Devotional Heart ~

Dances of Universal Peace & Meditation Retreat

8th – 10th March 2019

***Tushita Heart Hermitage Ashram, Northland,
with Amrita Bhakti & Prem***

In a beautiful natural setting, you will be gently guided in this retreat interweaving Dances of Universal Peace(DUP) and Zikr with Meditation.



Called Sufi Sesshin, the synergistic effect of these two modalities combining together is far greater than either modality being experienced on its own. Sufi Sesshin deepens the whole experience for participants and can lead to a profound sense of inner harmony, beauty and unity.

Alternating sitting meditation with moving in unison, these powerful vehicles for experiencing the Divine Reality connect us with the Oneness of All Life and the eternal nature of our Being. Meditation does this through the breath, silence and stillness while the Dances also include the qualities of ecstasy, intimacy and devotion.



Amrita Bhakti and Prem are certified leaders and trainers of Dances of Universal Peace. They have been leading DUP events including Sufi practices and Meditation for many years.

Cost: \$230 which includes accommodation, all vegetarian meals and venue facilities

plus dana/koha for the teachers

To Book & more information:

<https://www.tushitamysteryschool.co.nz/devotional-heart/or>

Contact Damalaya damalaya@tushitamysteryschool.co.nz

Retreat content enquiries Amrita Bhakti amritabhakti0@gmail.com Ph 0212352386

*“The Dances of Universal Peace are an excellent way to prepare for Meditation and
Meditation is an excellent way to prepare for Dances of Universal Peace”
Samuel Lewis – Zen Roshi and originator of Dances of Universal Peace*