

# OPENING UP IN SWEET SURRENDER

A Weekend of Dances and Discovery of Our Deepest Heart's Yearning



## *Dances of Universal Peace Weekend in Newcastle Australia*

*With Catherine & Nasir Grace offering the dances, accompanied by Denise Hecate offering guided meditations and beautiful practices to uplift our Spirit*

An invitation to New Zealanders to join the caravan of love to Australia, travel up the coast from Sydney to beautiful Newcastle – joining with our Oz dance family to eat, dance and pray.

“OPENING UP IN SWEET SURRENDER” will give you an opportunity to experience Dances of Universal Peace lead by International Dances of Universal Peace Leaders, Catherine and Nasir Grace, from New Zealand. These dances will pulse, vibrate, sing and dance you into true peace and quiet stillness. Catherine and Nasir will take you on a journey of letting go of the hustle, bustle, striving and worrying as you sing sacred chants from a wide variety of spiritual traditions, whilst dancing simple steps. You embody the chants. You resonate with the vibration of the chants and dances and you feel yourself coming home to your true nature of Peace, Joy and Love.

Meditation, mindfulness practices and simple massage, facilitated by Denise Hecate Sawang, will complement the dances and help you to open, even more fully, to the promise of the dances.

We encourage you to give yourself the gift of this weekend and allow yourself to gently surrender into the peace and joy of your true nature with other like minded people.

- When:** 14th and 15th October, 2017  
**Time :** 9.30am - 5.30pm Saturday and  
9.30am -3.30pm Sunday  
**Where:** Community Hall, Anzac Rd, Teralba ( near Newcastle)  
**Cost:** \$100aus includes facilitation, morning and afternoon teas  
**Bring:** Your own packed lunch and a water bottle each day

If you require accommodation, there is a caravan park with onsite cabins next door to the hall or we will endeavour to arrange billet accommodation if you so require. Please let me know if you require to be billeted ASAP.

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