

The Tara Dances

• from the Buddhist Tradition •

Simple to learn Powerful to Practice

Everyone comes for a different reason, sometimes conscious, sometimes unconscious. We dance for peace, healing, love, clarity, joy, abundance, wisdom mind and much more.



Catherine Callaghan, Nelson, will facilitate.



An invitation is extended to ALL women to come and Dance these Sacred Dances.

We gather monthly around the Full Moon.

At the Nelson Buddhist Centre

And, Shambhala/Onekaka Hall, Golden Bay



For all Enquiries & Bookings call Catherine on (03) 548 8046
or (027) 323 2098 www.dancemoves.co.nz | www.taradhatu.org