



Monthly Dances of Universal Peace 2017

at Tauhara Centre, Lake Taupo - 4.30pm Sunday afternoon

followed by Potluck Dinner 6pm – *bring food to share*

with leaders - Catherine, Hadia Jane, and Nasir

The Dances of Universal Peace are simple, meditative, and joyous circle dances. They use sacred phrases, chants, movements, and music from the world's wisdom traditions. No experience is necessary!

The monthly dances are a great opportunity to make new friends and enjoy an activity which is uplifting and positive. Even if you think you have two left feet – in this type of dancing it doesn't matter, as these are dances of the Heart!! Give it a try – you may love it - no experience necessary!

Costs: sliding scale - Gold Coin or more if you feel called to give - to support the Centre and teachers. Hugs accepted!

Our guitars are tuned, and drums are warmed, voices ready to fly(!)... we look forward to welcoming you to the sacred circle to join hands and hearts as we remember our sacred connections through song, silence and simple movement! Join Hadia, Catherine and Nasir (and other visiting teachers from time to time) in this profound practice.

Dance Dates 2017: Feb 26, Mar 26, April 23, May 26, June 25, July 28-30 (*Heartdance*, a whole weekend of Dances), Sept 10, Oct 29, Nov 19, December to be confirmed.

Sufi evenings: discover the teachings behind the Dances of Universal Peace through readings, chants and contemplation

Dates 2017: Mar 7, April 7-10 (a whole, extended weekend of Sufi teachings and Dances of Universal Peace with overseas teacher, Shabda Kahn), May 2, June 6, July 4, Aug 1, Sept 5, Oct 3, Nov 7, Dec 5

More information - Catherine 021 168 3229 email: dancinggraces@gmail.com

www.dancesofuniversalpeace.org

