

PEACEFUL STEPS

Dances of Universal Peace, Meditation, Sacred Teachings

Today you will have an opportunity to rest in deep stillness, move your body in sacred dance with one another, and receive teachings which can guide you to an experience of your true nature. . When we come home to ourselves we realize we are what we were always longing for.

Date: March 9, 2013
Time: 9:30am to 5:00pm
Location: MADRE TIERRA,
*An Eco Resort in the Andean
Village of Vilcabamba, Ecuador*
Cost: \$20.00 w/vegetarian lunch

May we take peaceful steps upon this precious earth, dancing her songs with our souls. May we honor ourselves and all beings with mindfulness. May we take peaceful steps with one another as we emerge from the heart of stillness, and let our feet follow the music of love ,harmony and beauty.

**Please register for this retreat
with an email to Premdaya at:
premdaya63@gmail.com
or call: 0979764132**



Darvesha MacDonald,

Sufi Sheika, spiritual guide, Sr. Dance Leader and Mentor of the Dances of Universal Peace, and a Ziraat Experienced Farmer and a Buddhist Practitioner. She will guide us on a journey of self-discovery. She will be joined by dance leaders from the local region. **What Darvesha teaches is based on her understanding and experience of interdependence arising originally in her Buddhist practice. Her teaching encompasses themes of sustainability, deep ecology, simplicity, sensory awareness, movement awareness, mindful eating, and feminine spirituality. She draws on practices from all 3 branches of Buddhism and from the Inayati lineage of Pir-o-Murshid Hazrat Inayat Khan.**

The **Dances of Universal Peace** are a participatory group spiritual practice facilitated by a Dance Leader. The leader teaches the group the sacred phrase, music, and movements. The “spiritual practice in motion” brings participants directly in contact with the depth of the sacred phrase, encouraging a direct encounter with the truth of it through music and evocative movement. This taste of our true nature – Universal Peace – opens us to the possibility of a deep spiritual transformation.

If you are traveling to the retreat from out of town, there are several good options for places to stay. If you use Google Search for Hostels in Vilcabamba, Ecuador you will find a variety of locations that you can check out.