

# Spiral to the Centre of our Being

*Singing, Dancing, and Sitting in Stillness*

**When:** Friday 3 December 6 pm to  
5pm Saturday 4 December 2021

**Where:** Sharda Centre 15 Percy  
Graham Drive, Tuakau

**Who:** Majida, Dakini, Amrita, Prem  
- leaders and mentors of DUP

**Cost:** \$135 includes shared room  
Fri night, and tuition (minus \$15 for  
campervan/camping). Deposit into  
TSB "Amrita Bhakti"  
15-3959-0372182-00 Please  
**reference** with your "name" and  
"sesshin", and email Dakini

**Questions/ Registration:**

Please contact Dakini  
dance.dakini@tutanota.com  
or ph 0220369887

**Note:** To keep costs down, we are asking participants to  
bring food to share for Saturday lunch and to provide your  
own breakfast. We will provide teas and snacks and a simple  
meal for Fri night dinner.

**Option:** You are welcome to stay overnight on Saturday for  
an extra \$35/person. All are warmly invited to the  
Universal Worship service Sunday at 11 am.

*We joyfully invite you to join us for  
"Sufi Sesshin" – integrating the  
Dances of Universal Peace with silent  
meditation. The Dances of Universal  
Peace (DUP) involve singing words  
inspired by the world's spiritual  
traditions while dancing together in a  
circle. Silent meditation allows us to  
savour the quiet.*

*Combining the two modalities is a  
powerful way to deepen the effect of  
each. We can experience Presence in  
both stillness and motion, being and  
doing. We amplify our ability to  
connect with ourselves, each other,  
and the Divine. No previous  
experience required, as simple  
instructions will be provided.*

**"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*