



Dances of Universal Peace Retreat

April 21-23, Lava Senior Center

We invite you to take refuge in sacred community. Gathering in a circle, holding each others' hands, moving as one, acknowledging the Divine looking through each pair of eyes, this way of being is wired into our DNA. It is time to come home. ❤️

Full weekend, including meals 90\$

Register at LiveatLava.com

Individual Dance sessions, suggested donation 10\$

Friday 7:30 – 9:30 PM

Saturday 9:30 -12:00 Honoring the Earth

2:00 Water Healing Ceremony

3:00 Discussion: How to Be an Effective Human

Sufi Zikr 7:30-9:30 PM

Sunday AM 9:30-12

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. There are no performers, no audience members, and no experience is necessary!

LiveatLava.com

