



# Dancing The Heavenly Abodes

*Presented by Anahata Iradah*



## November 6th, 7th & 8th, Ojai CA



Anahata Iradah is a senior mentor in the Dances of Universal Peace, a spiritual guide in the Sufi Ruhaniat International, a long time student of meditation teacher Shinzen Young and a Semazen in the Mevlevi Sufi tradition, in the lineage of Rumi.

Dances of Universal Peace are simple participatory dances using chants from various spiritual traditions to open the heart and form a sense of community. Through her ministry of music and dance, Anahata blends two seeming opposites in her work: precision, equanimity, exactness and detail with expansiveness, vastness and deep joy.

Some know Anahata through her work with the Tara Dances. However, many people are not aware of her vast experience with the Dances of Universal Peace; her musicianship manuals, her video productions and her scores of original dances and songs. From her home base in Brazil, Anahata leads two intensive 5 year trainings in the leadership of the Dances of Universal Peace.

Anahata teaches with gentleness and openheartedness. Her music and the poetry of her understanding leads her students into the breadth and depth of the human heart.

<b>Times:</b>	Friday, November 6 <sup>th</sup> - 6:30pm to 9:30pm: Zikr and the Turn (Rememberance, a long dance) Saturday, November 7 <sup>th</sup> - 10:30am to 5:30pm: DUP walks & practices Saturday, November 7 <sup>th</sup> - 7:30pm to 9:30pm: 21 Taras DVD a Magnificent Documentary! Sunday, November 8 <sup>th</sup> - 1:00pm to 4:00pm: DUP walks & practices
<b>Location:</b>	St. Andrew's Episcopal Church, 409 Topa Topa Dr., Ojai, CA 93023
<b>Registration Fee:</b>	\$120 for 3 day seminar (\$100 if pre-registered by 10/30) or \$35 Friday / \$75 Saturday / \$35 Sunday
<b>Registrar:</b>	Carol Lind (805) 320-7382, or E-mail: <a href="mailto:carollind@live.com">carollind@live.com</a>
<b>Please bring:</b>	1) A large comfy pillow or backjack to sit on the floor during the seated practices. 2) Optional: Flowers with vase, an altar item, and/or decoration to bless and be blessed. 3) Refrigerator available for cold lunches or food to share
<b>Housing:</b>	Call or email Carol Lind (805) 320-7382, <a href="mailto:carollind@live.com">carollind@live.com</a>

**-----To register for seminar, detach and mail this form-----**

For November 2009 seminar with Anahata Iradah: Complete this form and mail with registration fee payable to: Carol Lind, P.O. Box 1674, Ojai, CA 93024. Directions & confirmation will be e-mailed upon receipt.

Please indicate: \_\_\_\$ full payment      **OR**      \_\_\_ \$ Deposit (\$ remainder to be paid on site)

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address in full: \_\_\_\_\_ E-mail: \_\_\_\_\_