



DANCES OF UNIVERSAL PEACE

2nd and Last Saturdays each month, 7pm. Come and Dance!



From the beginning of time, sacred movement, song and story have brought people together, at times of seasonal ceremony and celebration, as part of everyday life and life passages, in daily renewal and meditation. The Dances of Universal Peace are part of this timeless tradition.

With a history of more than 45 years in gatherings around the world, this easeful form of dance utilizes sacred phrases from the world's wisdom traditions. Circling to share and explore, uplift, and celebrate the essential unity of the people of all cultures, with this multi-faith meditation-in-motion, we embody prayer through simple movements, chants and songs, opening hearts, developing equanimity, strengthening relationships and community, and deepening love, peace and happiness.

Live music and simple steps joyfully touch the spiritual essence within ourselves and all beings. All dances, words and melodies are gently taught by a Certified Dance Leader, and no musical skills or dance experience of any kind are required. There is no need to bring a partner, and everyone is welcome! Wear comfortable clothes and come dance!

Suggested offering is \$10 (No one turned away)

Southwest Institute of Healing Arts (SWIHA)

1100 East Apache Boulevard, Tempe 85282

<http://phoenixdances.org>

