



# Dancing Hearts Winter Retreat

## LOVE IS THE KEY

### *Dances of Universal Peace*

**Jan 17-20, 2020 at Rancho El Chorro, San Luis Obispo, CA**

The **Dances of Universal Peace** are a sacred community practice that engages the heart, body and mind, and sparks upliftment and transformation. This retreat—formerly the SoCal Quarterly, is a unique **dance camp** incorporating multiple dance leaders and inspiring mutual learning and growth in a positive and encouraging atmosphere.



**Special Guest: GRACE MARIE** is an international teacher and facilitator of Dances of Universal Peace, Harmonic Temple Chant, voice, and movement meditation that are interwoven in her experiential workshops guiding the journey of the heart and soul. She is an initiator within the Sufi Ruhaniat International, and a Dances of Universal Peace Mentor. She has organized and co-facilitated Dance meetings, camps, and leader trainings worldwide. Working with many wisdom traditions worldwide, Grace has enriched the DUP repertoire, adapting traditional prayers into meaningful songs and accompanying them with original, insightful, and inspiring dances.

**YARROW NELSON** is a certified DUP leader/mentor who has led DUP for over 30 years, both east coast and west coast. He currently leads Dances in San Luis Obispo and is known for his wise and gentle presence.

**BRENDA NUR LATIFA** is a certified DUP leader/mentor who is deeply passionate about the Dances. She shares her loving presence, deep attunement, and enthusiastic clarity. Brenda also facilitates a monthly Sufi study circle.

**What to Bring:** Bedding (sleeping bag or sheets and warm blankets to put on bunk bed mattresses), pillow, ear plugs, towel, and flashlight, musical

instruments. Please come prepared for cold January nights. Cars cannot drive to the front door of cabins so please pack light. Luggage on wheels useful. Help will be provided for those in need.

**When:** Check-in starts at **5:00 pm** on Friday, Jan 17. Retreat ends noon on Monday, Jan. 20 (MLK Jr. Holiday). Please plan to stay for lunch & light clean up until 3:00 pm.

COSTS:		COMMUTERS	SHARED CABINS	(UNDER 30)
<b>EARLY BIRD</b>	Full payment by 12/12	\$200	\$250	\$101
<b>REGULAR</b>	Full payment by 12/31	\$240	\$290	\$101
<b>LATE</b>	After January 1, 2020	\$260	\$310	\$101

\*Full refund available until January 3.

**All meals provided and will be vegetarian; limited kitchen access.**

**Dance leader workshops:** Please, if you plan to lead a dance, be sure you have practiced to the point where you know it well.

**Registration:** Freesia Raine: (831) 469-0679; [peacedances@freesiaraine.com](mailto:peacedances@freesiaraine.com)  
**Program information:** Yarrow Nelson: (805) 460-6892; [yarrownelson@gmail.com](mailto:yarrownelson@gmail.com)  
 Brenda Nur Latifa Crane: (805) 717-1933; [brcrane3@gmail.com](mailto:brcrane3@gmail.com)



**REGISTRATION FORM:**

Make checks payable to **“Dances of Universal Peace Southern CA”**

Mail to: Freesia Raine, 10715 Creekwood Drive, Lompico, CA 95018

Or Pay via Square: <https://squareup.com/store/dancing-hearts-winterly>

**AND** complete the registration form; either mail, or email TO [peacedances@freesiaraine.com](mailto:peacedances@freesiaraine.com)

Name \_\_\_\_\_  age 18-30  under age 18

\*If you are under age 18, your parent/guardian must attend or provide a permission letter.

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_ (pay in full by specified dates to get earlier rates)  Paid via Square

Special Requests:  Female only room  Male only room

Limited mobility close cabin  Limited mobility bottom bunk.  No cabin needed

Requested roommates: \_\_\_\_\_

Arrival day/time: \_\_\_\_\_ Departure day/time: \_\_\_\_\_

Diet restrictions /other special needs: \_\_\_\_\_

I can offer:  Pre-event set up  Post-event clean-up  A ride in my vehicle

Are you a musician? Instrument: \_\_\_\_\_  Are you a dance leader?

**DIRECTIONS:**

PLEASE DO NOT CONTACT THE VENUE DIRECTLY

**Rancho El Chorro Retreat Center, 2450 Pennington Creek Road, San Luis Obispo, CA 93405**

**Coming from both the north and the south:** take the **101** to San Luis Obispo and take exit 203B CA-1 North toward Morro Bay (after exiting, follow signs to Highway 1 North).

Head north on Santa Rosa St. which turns into Highway 1, location is about 7 miles. Pass El Chorro Regional Park, and take a right onto Education Drive, (there is a stop light and the northern entrance to Cuesta College will be on your left). *Please Note: DO NOT turn into El Chorro Regional Park.* On Education Drive, pass Board of Education building, road turns into Watson Drive, then Pennington Creek Rd. Facility is on your right. Look for DUP signs. Park in parking lot. If needed, someone will help you bring your belongings to your cabin after you register as cars will not be able to drive or park directly in front of cabins.