

DANCING WITH GRACE

An Exploration of Movement as Prayer
Through the Dances of Universal Peace

Friday June 17, 5pm - Sunday June 19, 3pm

(plus optional pre & post retreat days)

At the beautiful Arnot Forest Preserve
near Ithaca, NY

Guidance by Grace D Marie
co-created by Azad Volckhausen,
Yarrow Nelson & you!

**Kids Camp with Miss Devon Buckley Earth
Rhythms School**



Grace Marie at the Medicine Music Festival, Písaq, Peru. Photo by Jesus Hidalgo.

Join us in sacred community, to
“Eat, Dance and Pray Together,”
blending free movement and dances of unity with
Earth-centered and shamanic awareness.
Let’s “Crash the Door and Enter the Chamber of Love”
Healing, nourishing, local, & organic vegetarian food

*“I see dance being used as communication
between body and soul, to express what is
too deep to find for words.” — Ruth St. Denis*

*“The fastest way to still the mind is to
move the body - Gabrielle Roth*

Not what we think or say but what we do shall avail - on with the dance! - Samuel L. Lewis



Grace D Marie is an international teacher and facilitator, teaching Dances of Universal Peace, voice, Harmonic Temple, 5 Rhythm Wave, Nia, Barre Fitness, and movement meditation that are interwoven in her experiential workshops guiding the journey of the body, heart and soul. She has worked as a Fitness Instructor for the city of Fort Collins and local Fitness Centers, and believes in balancing health for the Body, Mind and Spirit.

She is an initiator with the Sufi Ruhaniat International, and a Dances of Universal Peace Mentor. She has organized and co-facilitated Dance meetings, camps and leader trainings worldwide for over 25 years.

Working directly 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. Grace’s style is joyful, deep and ecstatic. Her 4 albums, Kunda, One Love, All My Relations, and Life as a Garden, recorded in Peru and the US, are listened to worldwide. Grace’s web site: <https://lifeasagarden.com/events/>

Cost: Sliding scale: \$195 to \$330 camping, includes 2 meals/day. \$100 for bed in a cabin.

Registration: <https://forms.gle/DpNAKVYfNPHvfz7g8>

Covid Precautions: Negative Covid test required.

Program information: Azad Volckhausen: (607) 216-8311; jimvvv@gmail.com

Facebook Page: <https://www.facebook.com/events/729827824699560>