

# Life as a Garden

Workshop ~ Dances of Universal Peace

Friday 1 & Saturday 2 September

with Grace D Marie



**Grace D Marie**, an inspiring Dance Leader from Colorado, USA, comes for the first time to the Netherlands. She is a well known international Dance Mentor and Guide in the Sufi Ruhaniat International, [www.ruhaniat.org](http://www.ruhaniat.org). Grace has organized many Camps, Workshops, Leaders Trainings and Pilgrimages.

In addition, she is an experienced therapist in NIA and Barre Fitness. As a teacher she believes in balancing one's health by bringing harmony to body, heart and soul. She has created many dances and produced 4 CD's. By working together worldwide with Indigenous and Wisdom Traditions, Grace has enriched the Dances of Universal Peace repertoire. Being inspired by their prayers, she has created and transformed them into beautiful songs with original and inspiring dances.

Grace is very connected with nature.

"It is my life's work to grow seeds of Beauty, Love and Peace and to plant them all over the world. Just like I do in my own garden.

Live life as a Garden ~ Nurture your life as a Garden ~ Design your life as a Garden

**Welcome. I look forward to Gardening with you"**

*The workshop is in English. Grace's website ~ [www.lifeasagarden.com](http://www.lifeasagarden.com)*

Wear lovely clothes that are comfortable and allow free movement.

We provide coffee and tea. Please bring your own lunch and if possible, something to share.

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Where: *Nieuw Nazareth*, by Sacred Heart Church, Dr. Cuypersplein 5, 1222 NC Hilversum, NL

When: 1 and 2 September 2023, 10:30 – 17:00, open at 10:00 for coffee, tea & payment

Costs: €160 €140 €120 for 2 days or for 1 day ~ €100 €80 €60

Bank transfer: NL72 ABNA 0412 3507 26, to the name: St.VredesDansNetwerk,  
Please mention: *Grace D Marie* Payment in cash is also possible.

Info and registration: Eleonora Helderma, [etmhelderma@gmail.com](mailto:etmhelderma@gmail.com) / +31 6 18 88 75 23 - mobile  
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***Everyone is welcome with or without dance experience!***