

DANCES OF UNIVERSAL PEACE

*With certified instructor Catherine "Safira" Sugas,
assisted by Carolyn Koebel and Janice Marsh-Prelesnik*

**1st and 3rd Thursdays at UNITY of Kalamazoo from 7:00- 8:30 pm*

February 2 & 16

March 1 & 15

April 5 & 19

May 3 & 17

The dances of universal peace are a part of the ancient tradition of sacred dance. These body prayers are a branch of the Sufi tradition, a way of direct experience of the Divine through devotional chant, movement, and awakening and polishing the heart in community with others of like mind. The goals of higher consciousness, healing, world peace, and self-realization are the common thread in so many sacred paths, but in the dances of universal peace the transformation comes through the joy of music, and finding ones voice and heart.

**No previous experience necessary, as these simple chants and dances are taught and learned spontaneously.*

**Drop-ins welcome*

**High School age and older*

**Love offering*

Email Carolyn.koebel@gmail.com for more information