



**A day of
spiritual dance**
alternating with
silent meditation
(sesshin)

Dances of Universal Peace are simple circle dances to devotional chants inspired by the various spiritual traditions of the world. No previous knowledge or musicality is needed - all dances are taught from scratch.

They can open us to a world of harmony and beauty, deepened by the interludes for meditation.

Each dance and each sitting period lasts about 20 minutes. The whole day including lunch will be in silence from 10.30, except for the dance explanations and the music.

Saturday 22nd June 2019 10am - 4.30pm

Claverham Quaker Meeting House, Meeting House Lane,
Cleeve BS49 4PB (off A370 Weston Rd, buses X1, X2 or A3 from Bristol or WsM)
Arrive for tea/coffee from 10.00 for 10.30 start
Please bring vegetarian food to share for lunch

Donations - suggested £25/£15

led by John Rees and Morag Allen

live music: Bob Minney (accordian), Morag (guitar) and friends

www.jsrees.webs.com tel Morag 01275 794492 johnreesthrupp@gmail.com
<http://www.dancesofuniversalpeace.org.uk>



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