



# Dancing Hearts Winter Retreat

## Awakening the Heart through Attunement

### *Dances of Universal Peace*

**Jan 18 to 21, 2019 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.



**Murshida Halima and Murshid Abraham** are experienced cultivators of the awakening heart. They are senior mentor teachers for the Sufi Ruhaniat International and the Dances of Universal Peace. Halima caught the Dances directly from Murshid SAM and Abraham is one of his original Mureeds. Together they bring joy and clarity to the path of awakening, and share a depth that arises from a life of integrating spiritual practice, psychological exploration, and a deep love of the natural world. They travel and teach internationally, returning home to their family and local sangha in Massachusetts.

**Brenda Nur Latifa** is a certified DUP leader/mentor who is deeply passionate about the Dances of Universal Peace. As a dance leader, Brenda shares her loving presence, deep attunement and clarity with enthusiasum.

**Yarrow Nelson** has led DUP for over 30 years, currently he leads the Dances in San Luis Obispo, and is known for his wise and gentle presence.



**What to Bring:** Bedding (sleeping bag or sheets and warm blankets to put on bunk bed mattresses), pillow, ear plugs, towel, and flashlight. Please come prepared for cold January nights. Cars cannot drive to the front door of cabins so please pack light and or bring a cart or wheels of some kind. . Help will be provided for those in need.

**When:** Check-in starts at 4:30 pm on Friday, Jan 18. Retreat ends noon on Monday, Jan. 21 (MLK Jr. Holiday).

Please plan to stay for lunch & light clean up until 3:00 pm.

<b>COSTS:</b>		<b>SHARED CABINS</b>	<b>YOUTH: (UNDER 30)</b>
<b>EARLY BIRD</b>	Full payment by 12/12	\$235	\$101
<b>REGULAR</b>	Full payment by 12/31	\$276	\$101
<b>LATE</b>	After January 1, 2019	\$296	\$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. We are requesting mantric (sacred phrases without English) and original Murshid S.A.M. Dances this year. Dancers are needed for these workshops so you don't need to be a leader to attend!

**Registration:** Alexandra Steinicke: [Registrardancingheartswinterly@gmail.com](mailto:Registrardancingheartswinterly@gmail.com)

**Program information:** Yarrow Nelson: [yarrownelson@gmail.com](mailto:yarrownelson@gmail.com)

Brenda Nur Latifa: [brcrane3@gmail.com](mailto:brcrane3@gmail.com)



**REGISTRATION FORM:**

Make checks payable to “**DUP-SoCal Quarterly**”.

Mail to: Alexandra Steinicke, 3500 Bullock Lane #15, San Luis Obispo Ca 93401

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

**AND** complete the registration form; either mail, or email to [Registrardancingheartswinterly@gmail.com](mailto:Registrardancingheartswinterly@gmail.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

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:**

**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.