

The Dance of Resilience



with Tara Andrea and Maboud

*Your hand opens and closes and opens and closes.
If it were always a fist or always stretched open, you'd be paralyzed.
Your deepest presence is in every small contracting and expanding,
the two as beautifully balanced and coordinated as bird wings.*

Rumi (translation by Coleman Barks)

Everyday life presents challenges, heart break, and uncertainty. How do we cope? How do we move between being open and receptive versus being shielded or rigid? How can we be guided to dance with our Humanity and our Divine Potential?

Wazifahs (the 99 Beautiful Qualities of God) allow us to tap into our innate resiliency. They are the seeds of possibility inherent within our hearts. They open pathways for us to become complete and balanced; empower us to rebound from adversity; and ground us in the PRESENCE that is wholeness and unity. Join us as we enter into a living relationship with the Wazifahs through original dances, embodiment processes, intonation, silent meditation and group reflection and sharing.

Tara Andrea and Maboud Swierkosz are long time mentors of the Dances of Universal Peace; guides in the Sufi Ruhaniat International; dance leaders in their hometown of Santa Fe; and have touched people throughout the world with their Wazifah Dance Intensive Retreats.

March 16, 17, 18 - 2018

Global Justice Center - Tucson, AZ

Friday 7:00-9:00 pm. Saturday 9:30 am -5:00 pm & 7:00-9:00 pm.

Sunday 10:00 am-1:00 pm. Lunch provided Saturday.

**For information contact Joanie Sawyer: 520-820-8180, joanie.sawyer@gmail.com
Tucson Chapter Dances of Universal Peace North America**

Registration Form - The Dance of Resilience with Tara Andrea and Maboud

PLEASE PRINT

Name: _____ Phone: _____

Email: _____

Address: _____ City & Zip: _____

TOTAL PAYMENT: _____

Circle all food options that apply: Vegan Gluten Free Dairy Free

SEVERE FOOD ALLERGIES: _____

Emergency Contact: _____

Retreat Location: Global Justice Center (GJC), 225 E 26th Street, Tucson, AZ

Parking: Please do not park in the El Torero parking lot or the parking area of the Gloop Factory (across the street from the GJC). If the GJC parking areas are full, please park on the streets nearby. An attendant will be available to assist with parking.

Schedule: Friday Evening 7 – 9 pm Opening Session
Saturday morning 9:30 am - 12; Lunch 12 – 2; Afternoon session 2 – 5
Saturday dinner break 5 – 7; Evening session 7 – 9 pm
Sunday 10 am - 1 pm

Meals: A vegetarian lunch will be served on Saturday. Vegan and gluten-free options will be available. All other meals are on your own.
Snacks, tea and water will be provided.

Cost: Sliding scale: \$125 - \$150
Early registration discount \$95—\$120 must be post-marked by Feb. 28th.
Cancellation fee: \$15. No refunds after March 9.

Due to the nature of the retreat, partial attendance will not be accepted.

For the health and safety of others, please refrain from wearing fragranced products.

Write checks to: Tucson Chapter DUPNA. Mail check and registration form to:
Joanie Sawyer
1520 S Desert Crest Dr
Tucson, AZ 85713

For information contact Joanie Sawyer, 520-820-8180, joanie.sawyer@gmail.com