

"This Precious Human Life"
Dances of Universal Peace with Anahata Iradah
March 10th -15th, 2012
At the Tauhara Centre Taupo New Zealand

Cultivating Kindness, Purifying Consciousness
The Dances of Universal Peace as a Path to Liberation

A sacred opportunity to rest, reflect, deepen, let go, re-fill, re-new, awaken and re-enter our lives refreshed and in gladness. Anahata has been guiding groups of seekers for almost 25 years and is honored to return to New Zealand to connect with old friends and new. Whether we are doing seated practices, dances, walking meditations or songs, we will be cultivating a happy heart and celebrating all that is precious about this human life.



Anahata Iradah is a senior teacher in the Mentor Teacher's Guild of the International Network for the Dances of Universal Peace. She is a versatile and gifted musician, teacher, composer, songwriter, meditator, DVD author and documentary film producer. The revered Buddhist teacher Shinzen Young has been her personal guide in the path of Vipassana and Zen meditation. With his encouragement she has combined the Dances of Universal Peace and Buddhist meditation techniques and teachings. Anahata's deep interest in the spiritual paths of the earth has led her to many interesting places, experiences and people. Currently Anahata lives 6 months of the year in the United States and 6 months in Brazil, where the openness and joy of the Brazilian people constantly dissolves and challenges the conditioning of a British upbringing. The quality that most stirs her heart is the attribute of kindness.

Dates: Saturday 10th March – Thursday 15th March 2012

Venue: Tauhara Centre, Taupo, New Zealand. www.tauharacentre.org.nz

Cost: \$499 residential includes accommodation, bedding, dinners from Sat March 10th and lunches until Thursday March 15th. Please bring your own breakfasts, snacks and any special dietary foods. \$100 deposit reserves your place.

The Tauhara Centre is a retreat and conference Centre located in Acacia Bay overlooking Lake Taupo in the centre of New Zealand's North Island.



Please send details and payments to : Jena Robinson: 105 Lambert Street, Thames, 3500 or online - 03 0419 0066164 01 with your name against the deposit and email the form below to jenatara@xnet.co.nz

Name: _____

Address: _____ **Phone** _____

Email: _____ **Deposit Paid:** _____

Room Request: _____

Transport needs: _____