



Dances of Universal Peace Australia Inc
presents our Annual Easter Retreat in 2010

“Journey to the Land of our Heart”

facilitated by international guest leaders - **Ariënne & Wali van der Zwan**

to be held at the beautiful **Govinda Valley Retreat**, Lot 1, Lady Carrington Rd Otford, NSW
<http://www.govindavalley.com.au>

Retreat: 4pm Monday 5th April to 3pm Sunday 11th April 2010

DUPA Inc AGM: 2-4pm Monday 5th April for Members of DUPA Inc.

Introducing Wali and Ariënne:



Ariënne & Wali van der Zwan have been leading workshops in Eastern and Western Europe and beyond for over fifteen years. Both are senior mentors in the Mentor Teachers Guild for the Dances of Universal Peace (MTG) and Sheika and Khalif in the Sufi Ruhaniat International (SRI). They offer training and have mentees in many EU countries and beyond.

Ariënne studied at art school, worked as an occupational therapist and as a bookbinder. Nowadays she dedicates all her professional time to the dances or works in the garden. Wali is a guitar teacher and worked in the theatre, after which he pursued a career as journalist and writer on music, spirituality and religion.

Their style of leading combines strength with beauty, depth with lightness, joy with energy, clarity & focus with ease. Their co-teaching allows for interweaving of masculine and feminine energies.

About the Retreat:

Wali and Ariënne work with the physical, the mental/emotional and the heart level of the Dances. They may use exercises from their booklet 'Murshid SAM and the Bowl of Saki', Astrological and Spiritual Walks, and attunement to the Prophets and Ancestors...

Offerings will be sunrise yoga; Sufi morning practices; Nasrudin stories interwoven with daily sharing circle before the Theme of the Day. Afternoons will be open for others to lead, or guitar / musicianship classes or walks, craftwork or feedback etc. Evenings we may deepen the theme of the day, and celebrate with zikr or a cycle or ritual. Karma yoga will be optional. There will be time to rest and restore - all in the beautiful bush setting of Govinda Valley.

About the Venue:

Govinda Valley is surrounded by spectacular natural beauty, hidden in the bush just south of the Royal National Park at Otford, near Stanwell Park. At Govinda Valley, they take very seriously the significance of diet for the personal well-being of their guests. Therefore, their menu is geared towards nutritious and wholesome foods, which are beneficial for spiritual activities.

Their experienced cooks work with concern for the highest spiritual standards and have knowledge of Ayurvedic nutrition. All meals are prepared with an emphasis on optimising health, maximising nutrient retention and harnessing the subtle energies of the food. Govinda Valley's cooks are themselves spiritual practitioners, who meditate and shower before entering the kitchen and imbue the food they prepare with love and devotion. You will taste that for yourself!

Naturally, they cater for special dietary needs such as wheat-free, dairy-free, sugar-free, tofu-free menus etc. All of the food prepared in the Govinda Valley kitchen is totally free of meat, fish, eggs, garlic, onion and mushrooms, with no exceptions. Visit www.govindavalley.com.au for more information.

Discounts / Scholarships:

For Distance Assistance discounts and Fattah Fund scholarships see DUPA website, www.dancesofuniversalpeaceaustralia.org.

Transport and Billeting:

Always at our annual Dances of Universal Peace Network Event we are fortunate to receive distance travelers from around Australia and often overseas. As usual, we are happy to help network those who need accommodation and transport with those who can help. Please fill this section of the registration form attached if you are in either category, and contact our transport and billeting co-ordinator Mu'mina on easterretreat2010@gmail.com.

Bookings/enquiries to Mu'mina, Registrar: on Ph: 04 2404 9351; easterretreat2010@gmail.com

General enquiries re the Retreat to Sabira Jane on 02 4751 2904; jruehmkorff@optusnet.com.au

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DUPA Inc Registration form for 2010

Journey to the Land of our Heart

At Govinda Valley Retreat, Otford, NSW

...4pm Monday 5th April to 3pm Sunday 11th April 2010



Name(s) _____

Address _____

P/C _____

Phone, Fax, E-mail _____

Retreat Fees (all inclusive):

 (further donations gratefully received)

| Govinda Accom levels: | Twin Ensuite Room* | Shared Room | Camping |
|-----------------------|--------------------|-------------|---------|
| Members | A\$850 | A\$680 | A\$590 |
| General | A\$880 | A\$710 | A\$620 |

Please circle in which categories you are booking:

DUP Member / General / Ensuite* (only 3 available) / Shared Room / Camping /

Early Bird - less A\$20 if paid in full by 1st March 2010

Non refundable deposit of A\$50 required by 20th March for catering purposes.

Indicate payment included with this registration: \$ _____

Please make **cheques & money orders** out to 'Dances of Universal Peace Australia Inc'.

Or you may **direct deposit** to the St George DUPA Inc account: BSB 112-879, A/c: 043692588, and e-mail a copy of your receipt with this registration to easterretreat2010@gmail.com

We do not take credit card payments.

After reading Govinda's catering policy, any special dietary requirements for the residential:

Transport and Billeting: Please detail if you need assistance, or alternatively if you are in a position to help others in need:

**Please fill in this form, and send with any payments or direct deposit receipts to
The Registrar, DUPA Inc Events,
P.O. Box 1246, Double Bay NSW 2028**

You will be sent a receipt, registration details and map(s)