

Footprints In The Sky™



**Do not go to the garden of flowers , O' friend, go not there.
In your body is the garden of flowers.
Take your seat on the thousand petalled lotus
And gaze at the infinite beauty.**

- Kabir

Sacred Dance & Whirling Mandala™

Gurdjieff Movements, Centering Exercises, Whirling Dances

Mumbai 20th August 10 am to 4 pm
Bangalore 8th & 9th September, 10 am to 5 pm

Facilitated by Zia Nath

Call: +91 9821470396
Email: realmsofdance@gmail.com
Visit: www.realmsofdance.com

A journey to the Realms of Dance™
exploring the art and heart of
stillness in motion.

An experiential encounter with the sacred heritage of
ancient cultures
preserved in the language of movements and dance.

Workshop by
Zia Nath

The practice of sacred dance invokes the awareness of energy and forces that are continuously forming our body. It brings us to a state of continued presence. The body is here now. Working with the body from a space of meditative awareness develops within us a 'presence of being' - as Gurdjieff called it. In the practice of this work, our perceptions clarify; we become aware of the different qualities of energy that move in our body, how it shifts and how it settles into coherency; an experience of one-ness.

The dances do not end in themselves, they become a bridge to our higher consciousness.

Music and poetry, Rhythm and Stillness, Silent sitting are important elements that condition and refine our experiences.

This workshop is open to all. Prior experience in dance is not required. Age group suitable for this workshop is 21 yrs and above.... Don't let age stop you. The older you are, the better you whirl.

General physical fitness is important.



About the Facilitator:

Zia Nath is the originator of Realms of Dance™ - a showcase of sacred dances of ancient temples of India and Central Asia. Zia has been in the practice of this work for more than two decades, presenting and teaching her dances across the country and internationally and continues to learn and be inspired by all that is.

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