

JOURNEY TO THE INACCESSIBLE

WITHIN AND AROUND

A SACRED DANCE RETREAT

19-22 June 2025



“ Without a little dancing, there's no disappearing ~ Rumi

At Panchgani

HYBRID

(In person & online)

Facilitated by

Zia Nath

for Awareness Foundation

Assistant Support

Mayuree Pandit

Zankhana Joshi



WWW.REALMSOFDANCE.COM

A sacred dance retreat presenting

- Gurdjieff Movements
- Whirling Mandala®
- Centering & awareness exercises
- Meditation & contemplation circles
- Nature excursions nearby
- Hybrid course, attend online.



📍 Asia Plateau, Panchgani 412 805, Maharashtra, India

📅 19-22 June 2025

🔗 <https://in.iofc.org/en/AP>

Program:

DAY 1 (Thursday 19th June)

2:00 - 4:00 pm	Arrival & Check in
4:00 - 4:30 pm	Tea & Snacks
4:30-5:00 pm	Orientation
5:00 - 6:15 pm	Sacred Dances
7:00 - 7:30 pm	Dinner
8:30 - 10 pm	Community Gathering, Meditations in Stillness & Motion

DAY 2 & DAY 3 (Fri, Sat, 20, 21 June 2025)

Early morning walk (optional)

8:00 - 8:30 am	Breakfast
9:00 - 10:30 am	Sacred Dance
10:30-11:00 am	Refreshments & break
11:00 am - 12:15pm	Sacred Dance
12:30 - 1:00 pm	Lunch
4:00 pm	Tea Time
4:30-6:45 pm	Sacred Dance, Nature Excursion
7:00 - 7:30 pm	Dinner
8:45 - 10 pm	Community Gathering, Sacred Celebration

DAY 4 (Sunday 22nd June 2025)

Early morning walk (optional)

8:00 - 8:30 am	Breakfast
9:00 - 10:30 am	Sacred Dance
10:30-11:00 am	Refreshments & break
11:00 am - 12:15pm	Sacred Dance
12:30 - 1:00 pm	Lunch
1:00 - 2:00 pm	Departure

Retreat Fees

(inclusive of accommodation, meals, dance instruction & GST)

Registration close on 15th June, book soon.

Twin Sharing

INR 25,620/

[Link](#) 

Single non sharing

INR 29,160/-

[Link](#) 

Online Participation

INR 10,000/-

[Link](#) 

Important note:

On these links carefully read the cancellation policy, payment options, T&C. If you want another payment method pls contact

[+91 9674745008](tel:+919674745008)

Getting there: (Mumbai to Panchgani - By Bus)

Suggested bus schedules:

Garud Travels

Wednesday 18th June

Departure Borivali: 10 pm

Arrival Panchgani: 8:05am Thursday 19th June

Neeta tours and travels

Thursday 19th June

5:45am- 13:20pm

Getting Back: (Panchgani to Mumbai - By Bus)

Suggested bus schedules:

Neeta tours and travels

Sunday, the 22nd of June

4:05pm- 11:15pm

Boarding point: Near Ravine Hotel, Panchgani

Last stop: Borivali (East)

Book Bus on www.redbus.in

PLS NOTE:

Uber, Ola & Make My Trip apps have intercity travel bookings and is highly recommended for going and especially for getting back - participants can car pool for their journey.



Gurdjieff & Whirling Sacred Dances

Gurdjieff Movements centres us into a sharpened awareness of self. And whirling - it belongs to the mystical dimension - it brings out the mystic within us.

Gurdjieff Movements:

George Gurdjieff an enlightened Armenian mystic gave an important place to movement & dance. These structured movements originate from ancient temples of the Caucasus Mountains and were an integral part of esoteric school work. The movements evoke many different intelligences in us - harmonising our body, mind, emotions and spirit. This is called centering - to be unified in all the facets of our existence, bringing us a sharpening of awareness and into higher consciousness.

Whirling Mandala®

Created by Zia Nath is a meditative dance form inspired from the ancient Sufi mystics, the wild spinning gypsies, the earthy ghumraos of Rajasthan & the crystalized awareness of enlightened mystics.

Music and Poetry

Rhythm and stillness, silent sitting are important elements that condition and refine our experiences. Practiced as an active meditation, the work is unique as it centers us in the balance of duality.

We find stillness in motion and maintain balance with our inner compass.

About Zia:

Zia Nath is an international performer and teacher of ancient Sacred Dances of India & Central Asia.

She is the founder of Realms of Dance® - a sacred dance performance inspired from diverse spiritual traditions of the Indian subcontinent.

Zia specialises in Gurdjieff Movements, Whirling Dances and Odissi Indian Classical.

Zia has been in the practice of these dances since three decades.

She is inspired by this work in her own spiritual journey and teaches it as a sacred art for our inner evolving consciousness.

