

# JOURNEY TO INACCESSIBLE PLACES

DESTINATION: WITHIN

## A SACRED DANCE RETREAT

2nd - 5th October 2025



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

### Venue:

ANHTA CONSCIOUS RETREAT  
Karjat, Maharashtra, India.

### Facilitated by:

Zia Nath

### Assistant:

Reeti Choudhary



Supported by  
Awareness  
Foundation.

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# A sacred dance retreat presenting

- Gurdjieff Movements
- Whirling Mandala®
- Centering & awareness exercises
- Meditation & contemplation circles
- Nature excursions nearby
- The workshop is conducted in English.

## Retreat Venue

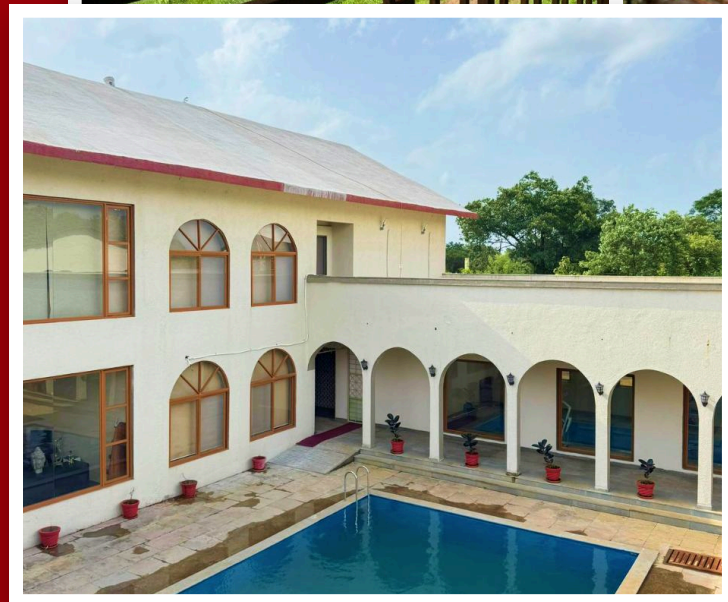
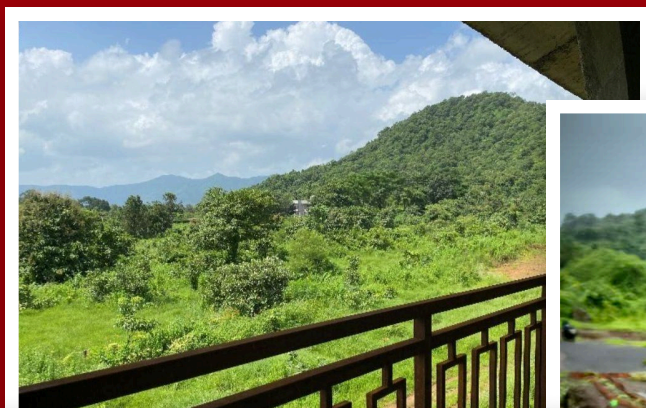


**ANHTA**

*a conscious healing retreat for wholistic transformation.*

Born from the heart chakra "Anahata" in Sanskrit means unhurt, unstruck and unbeaten - the spiritual centre of love, compassion and balance.

ANHTA is built on this energy, reflecting the journey of its Founder Dr. Anjana Laungani.



📍 12/v13 Savale, Gaulwadi, Karjat, Maharashtra 410201

📅 2nd - 5th October 2025

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## PLS NOTE:

- This is a sacred dance & movement intensive program.
- General physical & mental fitness is a prerequisite
- A seeker's inquiry into self and higher consciousness supports the dancer's process - that is why it is called sacred dances

# Program & Schedule:

## Day 1: Thursday, 2nd Oct

11:00 am - 1:00 pm	Arrival, check in, site orientation
1:00 pm - 2:00 pm	Lunch
3:00 pm - 4:30 pm	<b>Movement Practice:</b> Sacred Dance Retreat Orientation & getting started
4:30 pm - 5:00 pm	Tea Time
5:00 pm - 6:00 pm	Sacred Dance
6:00 pm - 7:30 pm	Free Time, explore nature
7:30 pm - 8:30 pm	Dinner
9:00 pm - 10:00 pm	Night Meditation





# Program & Schedule:

**DAY 2: Friday 3rd October 2025**

**DAY 3: Saturday 4th October 2025**

7:30 am

Morning Tea  
& nature walk (optional)

9:00 am - 10:00 am

Breakfast

10:30 am - 12:45 pm

Sacred Dance

1:00 pm - 2:00 pm

Lunch

3:30 - 4:00 pm

Tea

4:00 pm - 5:45 pm

Sacred Dance

5:45 pm - 7:30 pm

Sunset & nature activity

8:00 pm - 8:45 pm

Dinner

9:15 pm - 10:15 pm

Night Meditation

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# Program & Schedule:

## DAY 4: Sun 5th Oct 2025

7:30 am

Morning Tea  
& nature walk (optional)

8:30 am - 8:45 am

Breakfast

9:15 am - 12:00 pm

Sacred Dance

12:30 pm - 1:30 pm

Celebration Lunch

2:00 pm

Check out

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# Retreat Fees

Below are package rates that include accomodation, meals & dance program.

This is a boutique wellness center and spaces are limited, it's adviced to book soon.

## Cancellation policy:

- 75% refund for cancellations before 15th September 2025
- NO REFUND for cancellations after 15th September 2025

## Registration Links

**For sharing  
(2 in a room)**

**INR 29,400/**

[Link](#) 

**For single  
non sharing**

**INR 36,600/**

[Link](#) 

**For local Karjat  
residents** (includes  
dance and meals,  
**no room**)

**INR 24,000/-**

[Link](#) 

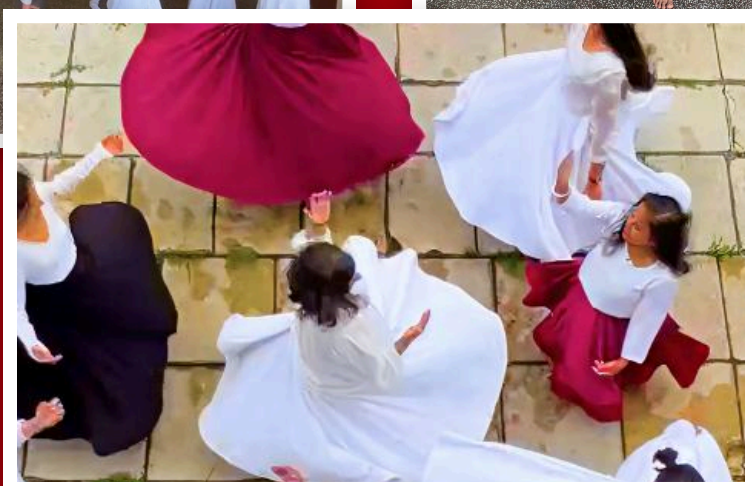
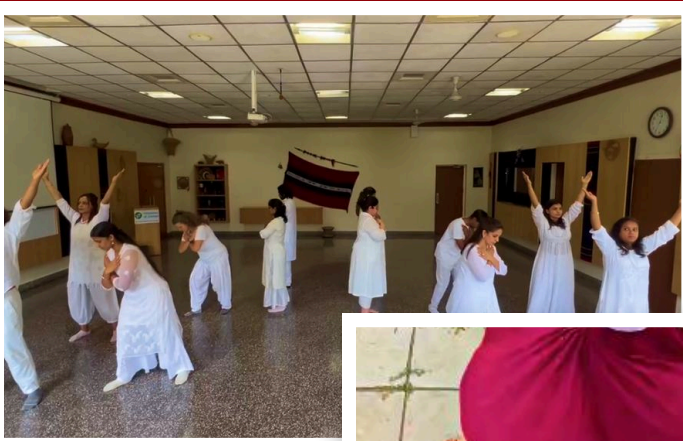
## Pls Note:

Registrations are supported by Awareness Foundation.

Incasse you have issues paying via the link or need to use a non Indian credit card

**Pls call / WhatsApp msg during office hours:**

**+91 9674745008**





# 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.

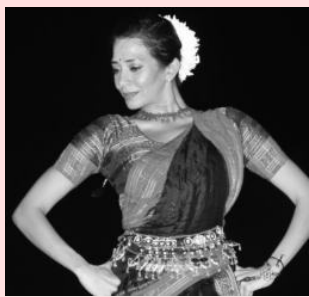
We find stillness in motion and maintain balance with our inner compass.

## 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.



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