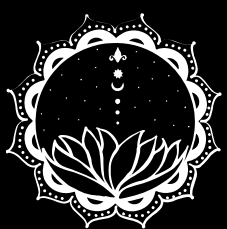


Gurdjieff Movements & Whirling Sacred Dances

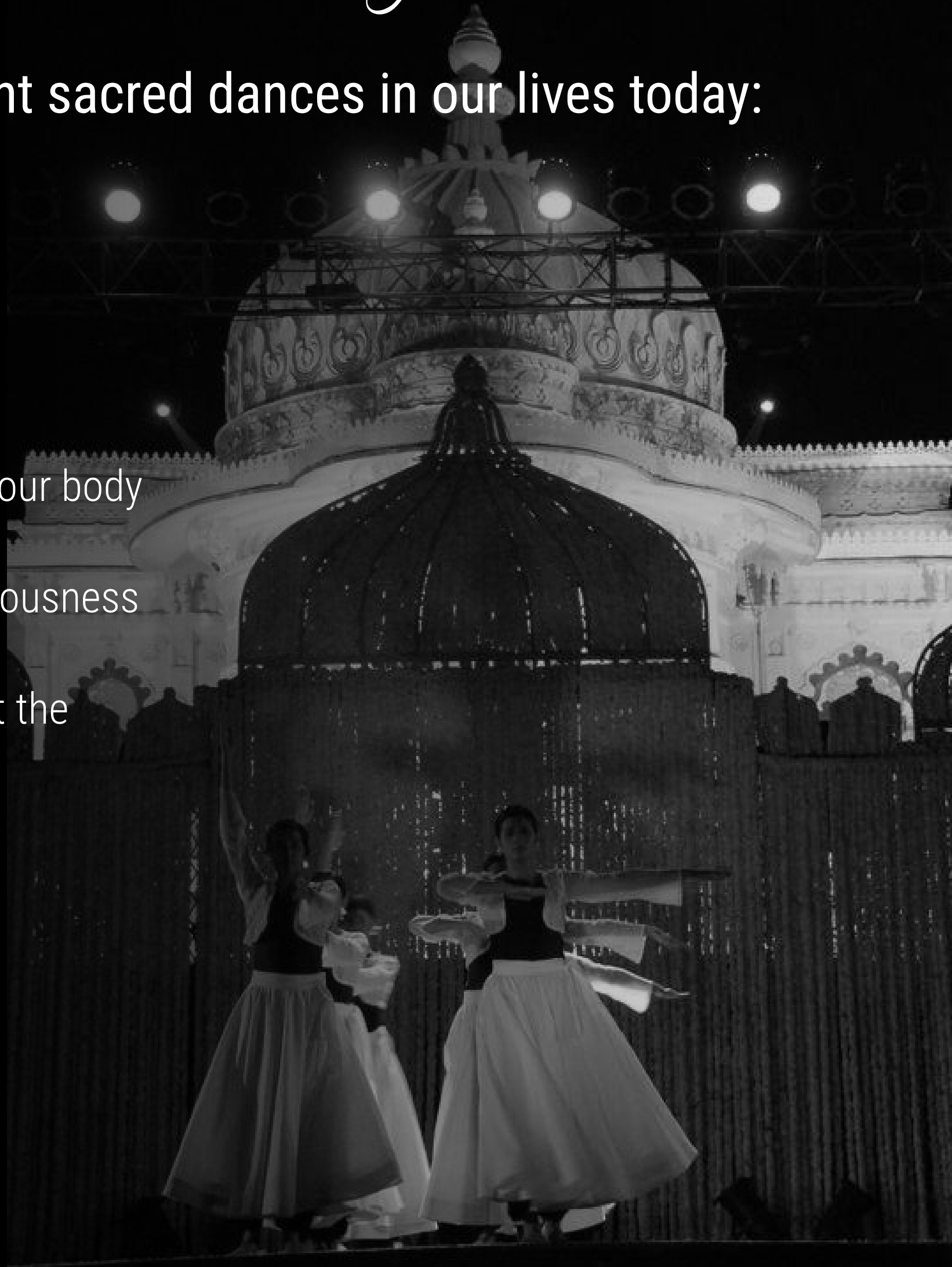
12 benefits of ancient sacred dances in our lives today:

- 1 We meet the intelligence in our body
- 2 We cultivate witness consciousness
- 3 We operate from stillness at the heart of motion and chaos



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Gurdjieff Movements & Whirling Sacred Dances

12 benefits of ancient sacred dances in our lives today:

- 4 We connect to the wisdom of our ancestors
- 5 We come closer to our human / earth roots
- 6 Dance becomes our meditation as well as our celebration.



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Gurdjieff Movements & Whirling Sacred Dances

12 benefits of ancient sacred dances in our lives today:

- 7 We navigate through life with our inner compass
- 8 We unify in our physical, mental, emotional & spiritual centres
- 9 We meet a new dimension of time: a moment that holds the past, present and future



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Gurdjieff Movements & Whirling Sacred Dances

12 benefits of ancient sacred dances in our lives today:

- 10 We experience awareness filled moments of motion & stillness
- 11 We develop (as Gurdjieff called it) "presence of being"
- 12 We learn about cohesiveness, resonance and coherence



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Sacred Dance Retreat

Journey to Inaccessible Places: within & around

19-22 FEB 2026 (Thursday to Sunday)

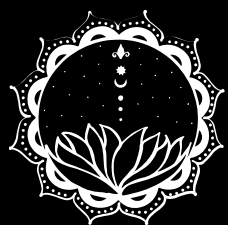
A conscious residential retreat at wellness center
ANHITA, Karjat (2 hours from Mumbai)

Facilitated by: **Zia Nath**

Assistant Support: **Reeti Chaudhari**

FOR MORE INFO CONTACT:

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