

# SACRED DANCE OF THE HEART

A weeklong immersion of heart centric dance and music



June 28-July 4 - Yalova, Turkey

*Karuna Devi*

Mutlu Baba Cultural Center Dergah, Gokcedere is one hour from Istanbul in the beautiful nature surroundings of Yalova. The area is a quiet village setting that has beautiful hiking, and natural healing hot springs.

In the Sacred Circle we will join our hearts in dance, song, breath and prayer. We will journey through embodied prayers and intentions to embrace dance as movement medicine for the heart. Traditional circle dances from Central Asia, Bektashi sema dances, whirling, ritual and creative process will all be a part of our dance sanctuary exploration.

We will be graced with many special guests, including Alper Akctay, musicians Neyzen Amir Shahsar and Meira Segal, multi-instrumentalist Efren Lopez, and more! We will also be blessed with a very special guest Sheikh Issa Nessim who will lead us in sohbet (spiritual discussion) and zikr (remembrance practice.)



[www.miriamdance.com](http://www.miriamdance.com)

# SCHEDULE

## THURSDAY, JUNE 28

Arrival day (anytime in the afternoon)

- 7:00- Dinner
- 8:00-10:00- Opening rituals

## FRIDAY, JUNE 29 -

## MONDAY, JULY 2

(Rough Daily Schedule)

- 10:00-1:00- Dance session
- 4:00-6:00- Dance/movement session
- 8:00-10:00- Live music, poetry, whirling, prayer & improvisation

## TUESDAY, JULY 3

- Trip to Sacred Sites

## WEDNESDAY, JULY 4

- 10:00-12:00 Closing Circle
- Hamam!

\*\*JULY 5<sup>th</sup> starts the first day of a beautiful Sema gathering at the dergah that will go on for many days. All are welcome to stay and join in the festivities





## PRICING

Early Bird - by May 15: 600 Euro

After May 15: 750 Euro

(Includes immersion and 3 simple, healthy vegetarian meals a day)

- ◆ Discounts available for regular Nava students/collective members, anyone registering for more than one immersion during the Summer 2018.
- ◆ Limited work-trade options
- ◆ Accommodations range from:
  - ~20-40 euro per night for a shared room
  - ~10 euro a night for a simpler, group-shared room
  - Free for work-trade participants or anyone financially challenged

EMAIL FOR REGISTRATION: [miriamdance@gmail.com](mailto:miriamdance@gmail.com)