

WEEKEND PEACE DANCE WORKSHOP 9/23-24/11, COLUMBIA SC with **TIMOTHY DOBSON**



Friday 9/23, 7:30- 9:30 PM Hand to Hand & Heart to Heart. A program in the Dances of Universal Peace suitable for all ages and interests. Selections will include older foundational dances as well as new and original materials cultivated in the Colorado dance circles. Venue: City Yoga Studio, 2121 College Street Columbia, SC 29205, \$15 suggested donation.

Saturday 9/24, 10 AM - 4:30 PM Coming Home - The Journey Inward. A day long experiential workshop bringing the formless, transcendent and inexpressible Powers of the Divine into expression through states of Gnosis (knowing). Our time together will employ movement exercises, walking practices and the Dances of Universal Peace along with contemplations and discussion on how we can deepen and sustain states of Grace (always available, yet often tuned out). The format of the day will emphasize experience and engagement. Participants are asked to arrive with a willingness to move and to be moved. Bring your lunch; beverages provided. Venue: Unitarian Universalist Congregation of Columbia, 2701 Heyward St. Columbia SC 29205, \$55 Admission.

Saturday 9/24, 7-9 PM An evening of Dancing Deeply: We will ride the momentum of the day long workshop into an interfaith program of deeply contemplative dances with songs in the mantric languages of Hebrew, Arabic, Aramaic, Sanskrit, etc. Although the workshop is not a prerequisite to the evening, participants should anticipate a rich and focused evening designed to culminate the intentions of the weekend. Venue: City Yoga Studio at 2121 College Street Columbia, SC 29205, \$15 suggested donation

About Timothy Dobson: A graduate of Naropa University, Timothy created his senior project in the healing properties of sacred dance. He lives in the canyons near Boulder with his wife Vera Kalmykova, whom he met while teaching dance in Russia in 1998. He continues to teach internationally and is known for his clarity, depth of instruction, and facilitation. He has lead one of the largest Peace Dance communities in the country in weekly gatherings for the last 23 years. He has mentored and certified many DUP leaders during that time. He is an interfaith minister serving SpiritKeepers Interfaith Fellowship and All Seasons Chalice Church/ The Starhouse in Boulder, Colorado. More about Tim Dobson at <www.DUP-CO.com>

Register by September 1 and save! \$75 pre-pay covers all events! Send your check made out to Marguerite Frongillo, 3600 Beverly Drive, Columbia SC 29204; it must be postmarked 9/1/11 or before. 803-743-0731 <mff426@gmail.com>

