

Come to the beach for a  
**DANCES OF UNIVERSAL PEACE**  
**NEW YEAR'S RETREAT!**

*Body Prayer - Meditation in Movement*

with  
**Akal Dev**  
**Sharonne,**  
**Certified Dance**  
**Leader**



and  
**Mark Smith,**  
**Dance Musician**

**January 1 - 2, 2011**

Trinity Center, Pine Knoll Shores, NC

**A Time for Celebration and Remembrance**

Join us for a New Year's Retreat of Dances at lovely Trinity Center, which stretches from the beach to the sound on Bogue Banks.

Enjoy delicious food and comfortable lodging nestled in the maritime forest.

There will be time for walking on the beach and through the live oaks, meditation, rest and rejuvenation. What a way to start the year!

All Dances will be taught, and newcomers/beginners are most welcome.

We'll begin with a first Dance before dinner on New Year's Day, end with a Dance after lunch on Sunday, Jan. 2 (3 pm). (Add'l nights stayover possible.)

Total cost (incl. meals & shared room) is: \$150 until 12/1, \$170 after.

Cancellation Policy: Full refund less a \$25 processing fee if notice received by Dec. 24. No refund available after that date.

**To register/inquire, contact Mark: [mgeesmith@juno.com](mailto:mgeesmith@juno.com); 919 357-1967**

**From previous participants:** "May I never forget the Love I felt as I danced with the Beloved."

"You have brought something to my life that has changed me forever, and I know there is no going back."

"Thank you from my whole heart for these most beautiful teachings of song and dance and practice!"

# DANCES OF UNIVERSAL PEACE NEW YEAR'S RETREAT at Trinity Center

## **Saturday, Jan. 1**

- 3:00 – 4:00      Arrival & Sign-In at “Point of Arrival”  
4:00 – 6:00      Dance at BEACH HOUSE  
                    6:00      Dinner in Dining Hall  
7:30 – 9:30      Dance at BEACH HOUSE

## **Sunday, Jan. 2**

- 7:00 - 7:45      Sit & Chant at BEACH HOUSE  
                    8:00      Breakfast in Dining Hall  
9:00 – 10:00      Pack & Clear Rooms (TURN IN KEYS!)  
10:00 -12:00      Dance at BEACH HOUSE  
12:00 - 1:00      Lunch at BEACH HOUSE  
1:00 - 3:00      Dance at BEACH HOUSE, Closing  
                    3:00      Optional Beach-walking etc

**To extend your visit** for another night or two (\$40/night/ROOM – no food included but there are minikitchens!):

AFTER Dec 15, contact Chris Mohr Grenier at Trinity Center:

(252) 247-5600, [cmm@trinityctr.com](mailto:cmm@trinityctr.com)