



2^o International Retreat
in Italy of



Dances of Universal Peace

"Dancing Wisdom"



Grace D. Marie

September 2024, 13-15

Capranica-Viterbo, ROME



Juan Nuraddin



We are happy to invite you to the 2nd International Dances of Universal Peace Retreat in Italy!

The Dances of Universal Peace (DUP) are a worldwide spiritual practice that comes from a lineage of the Sufi tradition and uses dance, singing and live music to create an atmosphere of Meditation, Peace and Communion and reaffirm the sense of Unity among living beings. By holding hands in a circle, dancing and singing mantras and sacred phrases that draw from the different spiritual traditions of the world, we can lively experience the infinite richness of the manifestation of the Spirit beyond all differences, meeting in the profound wisdom of Being.

This year's retreat is an invitation to immerse ourselves in DUP as a practice of embodied spirituality, awakening and celebrating the wisdom of body and soul through the universal language of dance. We will do this by honoring the teachings of the master founders of the DUP and the vision of the "dancing wisdom" linked to Ruth St Denis, the one who is considered the "mother" of the DUP and who represents the feminine heart of their original heritage. A special session of dances in nature will also be dedicated to the wisdom of indigenous traditions and native populations, teachers of Peace and guardians of Mother Earth. Grace will also share some insights about the teaching of the Aramaic original prayer of Our Father.

Due to their simplicity and universality, DUP are accessible to everyone and all ages and no experience is required to participate in the retreat: only the desire to experience a weekend in Harmony and Beauty together with other people, to be part of the dancing circle and open your heart to practice.

You can find more information about DUPs at www.dancesofuniversalpeace.org
and on the Facebook group [danzedipaceuniversaleitalia](https://www.facebook.com/danzedipaceuniversaleitalia).

"...we are accompanied by the whole Dancing Universe"
Ruth St Denis



Our Guests Teachers

GRACE D. MARIE (dal Colorado, USA)

Grace D. Marie is a Teacher and Guide of Universal Peace Dances originally from Colorado (USA) known internationally for the beauty of the dances she created and transmitted and for her cheerful, profound and ecstatic style.

She is the founder of Sufi Ruhaniat International and "mentor" of Dances of Universal Peace. She is a teacher of "Song of the Harmonious Temple", 5 Rhythms, Nia technique, Barre Fitness, meditation in movement, researching and promoting in her practices the balance between the health of the body, mind and spirit. She has organized and facilitated Dance meetings, retreats and trainings for DUP leaders around the world for more than 25 years. She is co-creator of group trips and pilgrimages linked to the Dances of Universal Peace and contact with local and indigenous cultures, with which she feels and experiences a profound connection.

Having worked and lived in contact with many native traditions, Grace has enriched the DUP repertoire with beautiful songs and created dances of touching grace inspired by the wisdom and spirituality of indigenous peoples: "Madre Tierra, Madre Vida", "All My Relations", "Namaste", "Grace Bismillah" are some of her best known original creations. She is the author of four musical albums ("Kunda", "One Love", "All My Relations", "Life is a Garden") recorded in Peru and the United States, on which she is sung and danced around the world.

Grace will give us her charismatic and loving presence and mastery as a host. She will share with us the teachings linked to the original spiritual heritage of the DPU and their history, with a focus on her personal research around the divine feminine and the figure of Ruth St. Denis, "mother" of the Dances of Universal Peace and bearer of a vision of dance as a practice of "embodied wisdom". It is a profound joy and a unique gift to be able to host Grace for the first time in Italy as an invited teacher.



JUAN NURADDIN (da Alicante, Spagna)

Born in 1988 in Spain, Juan plays clarinet with great vocation. He has been inspired since 2011 by several Sufi communities around the world to deepen in the language of the heart and serves as a bridge between communities in South America, Europe and the Middle East. He has been initiated in the Sufi Ruhaniat International by Murshida Darvesha and is currently leading Dances of Universal Peace in Spain and mentoring other DUP guides in several countries.

In his spiritual path Dr. Oruç Güvenç was also very present and the Sufi retreats ("sema") organized every year in Turkey by TUMATA. Juan has participated and led DPU retreats in Brazil, Colombia, Ecuador, Iran, Italy, the United Kingdom, Morocco, Tunisia, Turkey and Spain, contributing enormously to the growth of the dancing family of Universal Peace, opening a space to awaken the Heart.

Juan was our invited teacher in the first DPU retreat in Italy, in 2021, and it is with renewed gratitude and profound joy that we welcome him to this new meeting. His desire is to accompany the group alongside Grace, putting himself at the service of the dances and music with her precious sensitivity and experience.



the Retreat Venue



The retreat will take place near Rome, in a splendid farmhouse surrounded by nature in the heart of the Tuscia area of Viterbo, on the route of the Via Francigena between Lake Vico and Lake Bracciano: Casale della Nocerqua. It is a nineteenth-century complex that develops around a central courtyard where a century-old walnut tree lives and is surrounded by green meadows and centuries-old oaks. It has a rustic and refined style, with a welcoming guesthouse made up of various rooms, apartments and rooms with numerous beds. From the windows the view extends over the sweet and green landscape of Tuscia. The farmhouse is a true "oasis of peace" where you can regenerate your body and spirit.

We will dance in what was once the old stable: a magnificent 150m2 room, with parquet flooring and high ceilings.

Casale is home to the "Gli Argonauti" association, passionately active in promoting events, training, summer camps, residencies focused on the value of the artistic and creative research of the Person through bodily expressiveness and the relationship with others and with the natural environment .

For more information on the collection location you can visit the association's website

www.gliargonauti.net/casale-della-nocerqua and del casale www.casaledellanocerqua.it



How to get

Address: **Casale della Nocerqua, Loc. Pescatore 1, 01012, Capranica Scalo-Viterbo, Rome, Lazio, Italy.**

For those coming by car just follow the navigator. With public transport from Rome you arrive by train (FL3 line) from Rome Trastevere, Rome San Pietro or Valle Aurelia and get off at Capranica Sutri. The Casale is 900 meters from Capranica Sutri station. From there we will arrange lifts or you can come on foot. For those traveling by plane we recommend arriving at Rome Fiumicino. From Fiumicino airport, take the train to Orte and get off at Roma Trastevere. From Rome Trastevere take the train to Viterbo Porta Fiorentina and get off at Capranica Sutri.

"Some people look for a beautiful place, Others make a place beautiful"
Hazrat Inayat Khan

"La Saggezza Danzante"

2° Ritiro Internazionale in Italia di

Dal 13 al 15 settembre 2024

Capranica-Viterbo, ROMA

Danze di Pace Universale



When

The retreat will take place over the weekend of **September 13-15, 2024**.

Arrival will be on Friday 13th at 4pm and departure in the early afternoon of Sunday 15th.

On Friday, after the welcome, payment and accommodation in the rooms, we will welcome each other with a short dancing circle followed by dinner. After dinner we will immediately immerse ourselves in practice with a first evening session of Dances of Universal Peace.

On both Saturday and Sunday we will say good morning with a body and energy awakening activity and a Sufi breathing and meditation practice. This will be followed by breakfast, the morning dance session and lunch. Saturday after lunch a time of refreshment and dance circles in the afternoon until dinner. After dinner we will experience the Sufi practice of deep meditation Dances. We will say goodbye after Sunday lunch.

It will not be a rigid program but an organic one, which the masters will create together with the group of participants and the energies in circulation.



Accommodation, Food and Costs

We will stay in the farmhouse in comfortable shared rooms and apartments (4 to 8 people), mainly in bunk beds and with shared bathrooms. There is also the possibility of coming with your own tent or camper and camping in the garden of the structure.

The cuisine will be vegetarian and based on local products and includes full board (breakfast, lunch, dinner and snacks). Anyone with allergies or special dietary needs can specify this as extra information in the registration form.

The total cost of the retreat is **170 euros per person** and includes overnight stay at Casale della Nocerqua (both in the rooms, in the tent and in the camper) for two nights, full board and all the activities and practices of the entire residential. To confirm your participation you must pay a **deposit of 65 euros**. The remaining part of the fee will be paid exclusively in cash upon your arrival at the farmhouse (thank you for taking this requirement into account in advance).

SUPPORT DONATION: in the spirit of gift economy anyone who wants can make an additional offer compared to the cost of the collection to financially help those who cannot pay the full amount.



Registration and Contacts

To register for the retreat we ask you to fill out the following online form:

<https://forms.gle/pNAGbCnq4fhxGo1n9>

After receiving the confirmation email from the organisation, to ensure your participation it is necessary to pay a deposit of 65 euros with a bank transfer to the IBAN code IT85M3608105138263616463622 or by top-up on PostePayEvolution card 5333 1711 9894 1912 made out to SILVIA SCIPPA, reason for "Name and Surname, La Saggezza Danzante" and send the payment receipt to danzedipaceuniversale@gmail.com.

For any questions, needs or information, write to us via email at

danzedipaceuniversaleitalia@gmail.com

or contact us via phone / WhatsApp / Telegram at the numbers

Satya 379 1574517 – Silvia 328 2746093 – Lalita 347 5328178

Other Informations

The retreat is supported by a scholarship ("DUPIN Small Grants Program") donated by the international association of DPUs and will have translation into Italian from English and Spanish.

WHAT TO BRING: top sheet for a single bed, your own sleeping bag or blankets for sleeping (the property provides a bottom sheet and pillowcase) and towels; fresh and light clothes for the day and warm and covering clothes for the evening and night; socks or shoes to be used only for dancing in the parquet room (if you are not dancing barefoot); yoga mat for morning energy awakening; your own water bottle; a torch for the evening; a notebook if you want to take notes; musical instruments; objects for the altar that we will set up together in the dance room.

"Dancing Wisdom" wishes to be an experience of profound communion through the practice of the Dances of Universal Peace and of joyful coexistence in a group, in sharing the spaces and ordinary and extraordinary times of the retreat, in respect and care for ourselves and of others, of the place that hosts us, of the structure of the farmhouse and of the natural environment in which we will be immersed. Thank you for being part of this dream come true.



The Dances of Universal Peace family awaits you with joy
to dance, sing and awaken our "Dancing Wisdom" together!

La nostra danza, o cara anima mia,
ha spiritual natura, e tu, se vi entri,
non v'entrar con superbia e con follia.

La nostra danza fuor della persona,
fuor dall'anima sta. Tu poggia in alto,
empietà e fede dietro a te abbandona.

La nostra danza è amor spirituale,
ebbrezza ella è; gorgoglia come vino
dentro la coppa del corpo mortale.

La nostra danza è la sorgente viva,
è di vita la fonte. E tu, se sei
Khizer, bevi dall'onda che ravviva.

La nostra danza è pegno portentoso;
per la sua vita, Adamo dalla destra
di Dio l'ottenne misericordioso.

La nostra danza più che le celesti
plaghe è sublime. Questo grande arcano
alla stadera tua tu invan trarresti.

La nostra danza è tutta una gran festa,
tutta una gioia. Via se ne cancella
ogni dolore e ogni cura molesta.

La nostra danza è tal, che di sé prezzo
alcun non ha. Non chiederne compenso,
figlio mio, non donarla a poco prezzo!

La Danza Mistica - Gialal Al din Rumi

