

# *The Path of The Sacred Dancer*

## *Retreat Program*

Thank you for considering joining this inspiring retreat with Dharma Devi and Mandira Improta.

Both Dharma & Mandira are two professional mystic dancer and anthropologists with a huge passion for discovering the sacred in life and in the art.

This retreat will offer the opportunity to tap into your Goddess energy through the magic of Mystic & Sacred Dancing.

Here below an example of what the schedule will look like:

- **November 3rd:** Arrival day. Please Arrive by 5pm to get settled in your room refresh, dinner is around 6:30pm and after dinner we will have about 1:30/2hr opening ceremony to welcome the sacred feminine and call in the Goddess you will be working during the week.
- **November 4th-9th:**
  - 6:30am-7:45: Hatha yoga with a Yin twist to warm up and condition the body and make it ready to dance.
  - 8:00 am: breakfast
  - 9:30-12:30pm: Activities: Persian dance, Folkloristic Dance, Afghanistan dance.
  - 12:30-1:30pm: Lunch
  - 1:30-3:30pm: free time (you can rest by the pool or request private session with Dharma)
  - 3:30-6:30pm: Activities (Kundalini Rhythms, Mystic Belly Dance, elements of Kathak Indian Classical Dance)
  - 6:30-7:30: dinner

- 7:30-9:30: evening program (Sound Healing, Dance performances, Dance parties, movie night, Goddess Healing circle)
- **November 10th:**
  - 6:30am-7:45: Hatha yoga with a Yin twist to warm up and condition the body and make it ready to dance.
  - 8:00 am: breakfast
  - 9:30-12:30pm: Activities: Persian dance, Folklorists Dance, Afghanistan dance.
  - 12:30-1:30pm: Lunch
  - 1:30-2:30pm: free time (you can rest by the pool or request private session with Dharma)
  - 2:30-5:00pm: Closing Ceremony (integration and grounding, bring home your Goddess)
  - 5:pm: leaving a light dinner before leaving might be provided if requested

All Activities include meditation, Kundalini Rhythms: the mystic dance of the soul, Mystic belly dance and Indian classical dance with Dharma Devi; while Mandira Improta will focus on Persian Dance, Indian and Afghanistan Folkloristic Dance, sound healing.

Dance party, Ritual dance performances involve everybody who wants to offer a dance to others.

**Work with Dharma will be more on transformation and creation so please bring with you:**

- An item to put on the altar that has specific meaning to you and remind you of your feminine energy;
- A costume that represent your goddess, anything that will transform you in what you feel to be deep inside when you wear it (this include hair decoration, jewelry or make up);

- Notebook, pen, bottle of water you can refill colorful pencils;
- Bring something fully white top and pants or top and skirt, and something fully red :-)  
same top and pants or top and skirt