

Dances of Universal Peace Retreat

A NEW BEGINNING, BISMILLAH



RETREAT
Dances of Universal Peace
**A NEW BEGINNING
BISMILLAH**

Cal Mata, Saifores
Tarragona, Spain

3th- 6th Jan, 2025

Murshid Allaudin Ottinger

Registrations:
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The poster features a central circular photograph of a group of people dancing in a circle. To the right is a large, stylized geometric pattern. The background is a mix of maroon and gold colors.

with Murshid Allaudin Ottinger

**from the 3rd to the 6th of January 2025
at Cal Mata (Saifores, Tarragona)**

**A retreat for the New Year: tuning our hearts, minds and souls
towards Peace, Harmony, Love and Joy.**

Join us for Dances of Universal Peace and other beautiful practices to awaken the heart, inspire the mind and nourish the soul.

Come, sing with your heart open and deepen the silence of your breath. Feel the embrace of community and bring its visions into your inner life.

Open to your natural connection to all life. When we move together we invoke positive medicine for these times.

What we will share?

Dances of Universal Peace * Zikr * Chanting *
Transmission * DPU Labs for emerging guides * Meditation
* Sufi Teachings * Meditative Walks * Musicality
Workshop * About the Creation of New Dances * Sufi
Practices



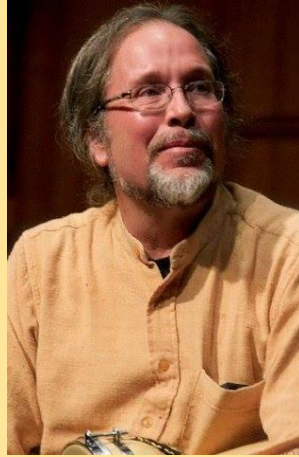
The DANCES OF UNIVERSAL PEACE (DUP) are meditative dances in a circle that are currently danced all over the world and were inspired and given as a practice for inner peace and as a contribution to peace on Earth. They are an active form of meditation and facilitate the opening of the heart, reminding us and making manifest the Oneness, of which we are all a part, beyond our differences.

By chanting mantras and sacred phrases from different wisdom traditions and through simple and universal movements, we remember and vibrate values and qualities that return us to the harmony, peace and unity that, beyond the restlessness of the mind, are found naturally in the deepest part of us.

No previous dance or music experience is required - everyone is welcome!

You can find more information about the DUP [here](#).

Who will lead the retreat?

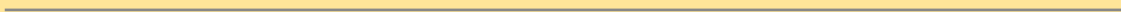


Murshid Allaudin Ottinger (EEUU)

Allaudin Ottinger is a long time practitioner in the way of love, harmony, and beauty. As a lifelong musician, he's presented in a variety of settings throughout the world, sacred Sufi music, world music, children's music and more. He's also recorded several albums of Sufi music, jazz, and poetry over the last few years. Recognized as a senior teacher in the Sufi Ruhaniat Order. He has led Dances of Universal Peace since 1979, and is a mentor/member of the DUP network, Cherag, DHO initiate, husband, father, grandfather, oh, joy! With great thanks to his teachers, AllaudinO continues to travel the world and present the Sufi message. He's helped to steer the Ozark Sufi Camp for 42 years. Led Camps at the Abode in New York, Lama foundation in New Mexico, Mendocino Woodlands Camp in California ,amongst many beautiful places he has been. He has helped to lead tours to Ajmer, India (Moineddin Chishti tomb), Uluru (Aboriginal sacred site), Western Australia, Burning Man of the Nevada Desert.

But most of all, he is looking to help the Caravan of Body, Heart, Mind, Soul of every being that he encounters along the way.

This Breath is the One That Counts!



Where?

At Cal Mata, Saifores (Tarragona, Spain)

Very well connected by motorway, next to the AP7 between Tarragona and Barcelona, we will have pick-up and car-sharing services. You can come by train from Tarragona or Barcelona to Calafell and from there by bus to El Vendrell where we can pick you up.

A magnificent hall and facilities. Accommodation in cottages, with shared rooms in bunk beds, with bathroom outside the room. More info about Cal Mata in: <https://www.calmata.cat/index.php/es/>

Location: <https://maps.app.goo.gl/JvrrspJnjp4E1QvY6>



When?

Arrival: Friday 3rd January from 4.00 p.m.

Departure: Monday 6th January after lunch (3 full days)

How much does it cost?

All-inclusive contribution, including accommodation and full board from Friday 3 in the afternoon to Monday 6 after lunch:

240€: General price

200€: Discounted price (if you need more discount ask us)

280€: Price with extra donation to financially support the organization

Other prices:

Price for people in exchange as volunteers: 140€.

Price for children from 3 to 12 years old: 120€.

Price for children under 3 years old: free

How to register?

1- Fill in the following form (one per person):

<https://forms.gle/eHi7YNyonxHZbT2UA>

2- You will receive a confirmation of receipt of your form from Eliana Latifa, by email.

3- **For more information:** [Eliana Latifa +34 697827043](mailto:Eliana.Latifa@DancesofUniversalPeace.org), phone and chats or email: dancepraying@gmail.com

***Simultaneous translation English-Spanish-English will be provided at the retreat.**

****The retreat is supported by:**



Thank you for joining this gift of living and experiencing in a circle!

***Organising team: Eliana Latifa, Gabriela Berdes y Juan Nuraddin
Toward the One!***