

Dances of Universal Peace Retreat
THE WAY OF THE HEART

RETREAT 17th to 20th April
THE WAY OF THE HEART
DANCES OF UNIVERSAL PEACE

WALI & ARIËNNE

BUÑOL, VALENCIA
SPAIN

INFO: +34 647 49 50 73 / gabriberdes@gmail.com

The poster features a large, vibrant painting of a heart in shades of red, orange, and yellow. In the bottom left, a circular inset shows Wali and Ariënne. In the bottom right, a red location pin icon is placed above the text 'BUÑOL, VALENCIA SPAIN'. At the bottom, a teal banner contains the contact information. The background of the bottom half shows a group of people dancing in a circle.

with Wali and Ariënne van der Zwan
from 17th to 20th April 2025
en La Serrana (Buñol, Valencia, Spain)

The Way of the Heart

The logo of the Dances is a circle of intertwined hearts and all the movements start from the heart. The logo of Inayat Khan's Sufi path is a heart with wings. The heart is central in both traditions.

In the depths of our heart, we can find our inner guidance and our relationship with the Divine. This can help us to find our creativity and direction in life.

By tuning in to our heart, we open to our true nature and may experience a sense of peace and compassion for ourselves and for all beings.

In this workshop, Wali and Ariënné will explain the importance of the heart through Sufi psychology through Dharma talk, Dances of Universal Peace, zikr, storytelling, and Sufi practices, basically a way to 'massage' the heart.

What will we share?

Dances of Universal Peace * Zikr * Chanting * Transmission
DUP Labs for emerging guides * Meditation
Sufi teachings, practices and stories * Meditative Walks
Creation of New Dances Workshop * Guitar Workshop



DANCES OF UNIVERSAL PEACE (DUP) are meditative circle dances 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 DPU [here](#).

Who will guide the retreat?



Arienne and Wali van der Zwan (coming from Germany)

Wali & Arienne are senior dance leaders and Sufi guides. They are on the path of the Dances and Sufism since the early 1990s, first as traveling teachers, later as residential teachers in their own Khankah Samark. They offered training and retreats in a great number of countries in Europe, and in Australia, New Zealand and the US. This led to a number of publications and handbooks for dance leading and playing guitar for the dances.

With their background in music, they combine power and beauty, depth and light, joy and energy, lightness and clarity. In their joint teaching, masculine and feminine energies interweave in a harmonious and natural way.

Arienne and Wali's style of dance-leading is very relaxed and yet deep. Wali plays a twelve-string guitar to accompany the dances. Arienne often plays alto recorder too. Their harmonies have to be heard to be believed!

Between them, they have created many Dances of Universal Peace and released three studio CDs with their original creations. Arienne makes learning new dances easy, as her way of explaining each dance is very clear. Together, they encourage the dancers to just let go and have a wonderful dance experience.

This workshop offers a unique chance to learn some of their dances and their background from the creators.

Where?

In Campamento La Serrana (Buñol, Valencia)

Only 30 minutes from Valencia and located on the top of a mountain entangled with pine trees, you will find the **Albergue/ Camping La Serrana**.

Different rooms and facilities. Accommodation in the hostel and in cabins, with shared rooms in bunk beds, with bathrooms inside the rooms in the cabins and outside the room in the hostel.

More info about Camp La Serrana at: <https://campamentolaserrana.com/>

Location: <https://maps.app.goo.gl/FjXYTX7QaVQyTo8w5>



When?

Arrival: Thursday 17th April from 16:00 hrs.

Departure: Sunday 20th April after lunch (3 full days)

How much does it cost?

All-inclusive, workshop fees and full-board accommodation from Thursday 17th in the afternoon to Sunday 20th after lunch:

270€: General price

240€: Discounted price (if you need more discount ask us)

300€: Price with extra donation to financially support the organisation

Other prices:

Price for people in exchange as volunteers (translation* and experienced musicians): 135€

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

Price for children under 3 years: free

***At the retreat there will be simultaneous translation from English - Spanish - English**

How to register?

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

<https://forms.gle/rZDQfVhmvCrAnVPR9>

2- You will receive an email from Gabriela Berdes confirming receipt of your form.

3- For more info: Gabriela Berdes +34 647 49 50 73, phone or apps for chats or email: gabriberdes@gmail.com

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

Organising team of DUP Retreat 'The Way of the Heart':
Elvira Belló, Gabriela Berdes, Juan Nuraddin and Adriana Fatima