

DANCES OF UNIVERSAL PEACE RETREAT

I bow to you, a flower



Retiro de Danzas de Paz Universal

Me inclino a ti, floreces

2 - 5 de ENERO 2026

Benicassim, Castellón

con Aliela



y Bitá Rafia



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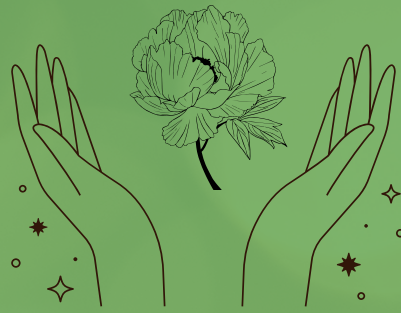
With Aliela and Bitá Rafia

From 2 to 5 January 2026

**in Albergue Argentina
(Benicassim, Spain)**



I bow to you, a flower



Just as within each of us, there lies a hidden gift of Beauty, Love and tenderness in the innermost part of the flower, waiting to be touched by the light so that it may open up to the world.

It is the magic of blossoming that happens when we bow in reverence before another being and greet it in their wholeness.

Through the Dances of Universal Peace, we remember that we truly live in the Garden, so that we may discover the precious gifts of human hearts that rest in the Heart of the One.

Join us to inhabit the numerous petals that represent the many spiritual paths unfolded by humanity and to walk in communion towards personal blossoming.



What will we share?



- * Dances of Universal Peace * Joy of Singing *
- * Meditation * Sufi practices * Sema & Zikr *
- * Universal Worship Service * Sufi Seshin *
- * Seven Valleys of Love, inner journey *
- * DPU laboratory for leaders in training *

And, all of this - about celebration of Love, Harmony and Beauty !



The Dances of Universal Peace and Meditative Walks are a spiritual practice in motion.

They combine the chanting of mantras and sacred phrases from various traditions of the earth, live music, together with simple, evocative movements, creating a living experience that facilitates our journey towards the awareness of Unity that we are in essence and of which we are a part of. They foster personal and collective connection through a group experience of love, compassion, and transcendence.

No previous experience in dance or music is required.

Everyone is welcome!

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



Who will hold the energy of this retreat?

Aliela, our mentor

Aliela is mentor-teacher, inspiring leader and creator of Dances of Universal Peace, spiritual guide of Ruhaniat and Sirat-i-Inayat sufi orders, professional musician and originator of "Joy of Singing" movement.

Currently living in Moscow, she travels around the world spreading the Message of Love, Harmony and Beauty.



Bita Rafia our special guest

Bita is a Persian-born teacher, choreographer, and spiritual guide of Sema (Whirling Meditation) and the Dances of Universal Peace.

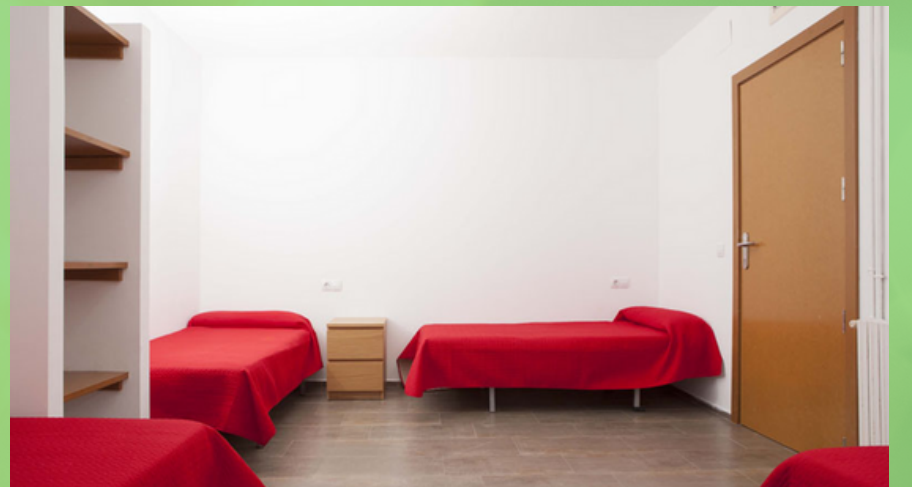
Rooted in the Persian mystical tradition and based in Turkey, she shares sacred movement inspired by Attar's Conference of the Birds and Rumi, inviting each heart to awaken through the whirling of devotion.



Where?

In Albergue Argentina (Benicassim, Spain). Located on the seafront in Benicassim city, well connected by public transport and highway.

A historic maritime-style building refurbished in 2009 as hostel. Accommodation in rooms with 2, 3, 4, 5 or 7 beds, with bathroom inside the room.



More info about Albergue Argentina: <https://reaj.com/albergues/juvenil-argentina/>

Location: <https://maps.app.goo.gl/GT9C5qxaNHgVMzS48>

Avda. de Ferrándis Salvador, 40
12560 Benicassim (La Plana)

When?



Arrival: Friday, 2nd January 2026, from 5:00 p.m.

Departure: Monday, 5th January, after lunch (3 full days)



How much does it cost?

Full-board fees, including all activities and accommodation:

-€190: General Price

-€160: Reduced price (if you need a bigger discount, please contact us)

-€230: Price with an extra contribution to financially support the organisation

Other prices:

-Price for children aged 3 to 12: €90 (under 3 years: FREE)

-Reduced price for volunteers (translators* and experienced musicians)

If you are interested in this option, please send us an [email](#)

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

Payment will only be accepted in cash upon arrival at the retreat.

We do not have electronic payment facilities.

Thank you for your understanding and foresight in this regard.

How to register?

1- Fill out a form (for each participant) [HERE](#)

2- A confirmation email will be sent to you upon receipt of your form.

3- For more information: +34 659 09 01 09 (Isabel)

+34 663 48 41 49 (Amapola)

or email: marisadanzasdepaz@gmail.com

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

The retreat organising team:

Isabel, Marisa y Amapola

