



## Monthly Dance Days in Birmingham

Usually on the 2nd Saturday of the Month 10.30-4.30

More details and a calendar of events at

[www.karimandsusanne.co.uk](http://www.karimandsusanne.co.uk)

**About the Dances:** The Dances of Universal Peace are simple circle Dances using devotional movements inspired by the spiritual traditions of the world. They can be described as a form of body prayer; a moving meditation and celebration in song and dance.

Through the Dances we can connect with others and experience the true heart of many spiritual traditions. They help us to remember our source in divine unity and open us up to experiences of peace, harmony and renewal.

*"Words are not peace. Thoughts are not peace. Plans are not peace. Programs are not peace. Peace is fundamental to all faiths. Peace is fullness, all inclusive ...and must be experienced."*

*"The sincere dancer is one of the best workers for universal harmony, and so, for universal peace."  
- Samuel Lewis the founder of the Dances.*

**About the group:** Everyone is very welcome. Every time we do a dance, we learn the words, and the movements and the melody from the beginning. You don't have to know anything to do this. We honour all the world's religions and peoples. The sacred, by every name, is our subject matter.

The venue is usually Hall Green Friends Meeting House but can vary on occasion. We each bring a contribution for a shared lunch.

For more information contact: Merle 02476 335287 [merle@waitrose.com](mailto:merle@waitrose.com)

Or Mike & Susanne 01432 261222 [mikejhadden@gmail.com](mailto:mikejhadden@gmail.com)