



Wisdom of the Ages

April 14, 15, 16, 2023 Friday, Saturday, Sunday

Dances of Universal Peace Retreat, Fort Collins, Colorado

With Grace D Marie, Timothy Dobson

Maboud and Tara Andrea Swierkosz, Connie Zareen

Deborah Ogden, Jim Grant and Ira Liss

At The Elizabeth Hotel, in the Heart of Old Town Fort Collins, CO

The Elizabeth Hotel in the heart of Old Town Fort Collins, is an experience that transcends the ordinary. It is an eclectic mix of bold details and traditional elements. It is a gathering, dining, and entertainment destination in the heart of Fort Collins. Fifth floor outdoor rooftop terrace with fire pits has floor to ceiling windows and majestic views of Old Town and the Foothills.

We have 10 rooms reserved for participants at a discount price. Each room has a record player and selection of vinyl records. The lending library in the lobby has an even larger selection of records and musical instruments to borrow and play.

We'll be dancing in the **Walnut Ballroom - Friday, Saturday & Sunday.**

Retreat Cost: \$200 per person

Includes: Dance sessions Friday-Saturday-Sunday and Wisdom gatherings: Harmonic Temple Chant, Meditation, Breath and Walking Concentrations.

Beverages and small food items will be provided on Saturday. Your food and lodging are separate. For your meals, great restaurants are nearby on the mall. Grace is working on special group meals in Old Town.

Lodging: \$250 per person/2 nights/Friday, Saturday, Sunday checkout

Your best experience will be staying in the Hotel with us. Use this link to book your room at our group rate. Payments for your room are made directly with the Hotel.

[Book your group rate for Life as a Garden](#)

This special price is available - Thursday, April 13 to Monday, April 17, 2023. You will find the information on the online reservation link.

Our Discount rates

Choice of 2 Queen Beds (1 - 4 per room), or 1 King bed.

\$219/night/room (If you share this is only \$109.50 each/night or total per person of \$250 for 2 nights.)

Payment for Retreat:

1. Send Check payable to: **Grace D Marie, PO Box 2454, Fort Collins, CO 80522**
2. PayPal: www.PayPal.me/GraceDMarie

(Note: You are not fully registered until payment has been received by Grace D Marie.)

Link for the registration form:

https://docs.google.com/forms/d/1YzpBb9D79BU5WQ_N_F9w7_CgAv5nZrN6MTB52Dmilc4

For Registration details and information: www.LifeasaGarden.com

Contact: Zareen - mysticdancecaravan@gmail.com

or call Zareen – (208) 756-3076



About the Staff

Grace D Marie - leads the *Dances of Universal Peace* in Fort Collins, CO, and worldwide. She organized 3 international dance leader trainings in Peru, and helped to organize continental Dance meetings for North and South America and Europe. She has been on staff for numerous dance camps, dance leader trainings and retreats worldwide. Her style is joyful, deep and ecstatic. She has 4 CD's, *Kunda*, *One Love*, *All My Relations*, and *Life as a Garden*, and is working on her first book on deepening relationships with the natural world.



Timothy Dobson – is a Loved and Beloved Dance Leader in Northern Colorado for over 30 years and continues to lead Dance. He planted the seeds of the Dances of Universal Peace in northern Colorado and with his leadership still being a continuous foundation for the Dances. The events he facilitates years are deep, opening, loving.

Tara Andrea and Maboud Swierkosz have been in love with the dances for over 3 decades and are long time mentors of the Dances of Universal Peace. They live in Santa Fe, NM where they have lead public dance circles and week long Wazifah Dance Retreats. They have led dances and retreats internationally. Both are guides in the Sufi Ruhaniat International. Their work with the 99 Beautiful Names of Allah, or as Maboud would like to say, “the qualities of our potential for wholeness,” has touched people throughout the world. Many of their original Wazifah Dances, that include "Ya Shakur Allah Ya Hamid", are being led internationally.



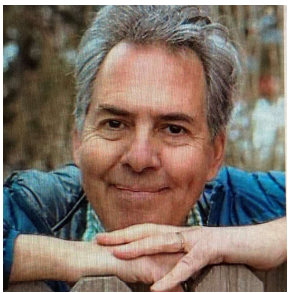
Maboud's spiritual practice with the Wazifah includes contemplation of the Divine Qualities through photography and images of nature. He has integrated his work with the wazifah in his psychotherapy practice, that also include mindfulness-centered counseling approaches, Sufi-based depth psychology and Heart Rate Variability biofeedback methods.)

Tara Andrea has been a leader at the German Youth and Young Adult camp for many years. She has been an inspiration that empowered young people to lead dances. She has brought her attunement of the dances and the Wazaif to her work as caregiver for chronically ill and dying individuals.

Lately both Tara Andrea and Maboud are enjoying their spiritual practice of being loving Grandparents.



Connie Zareen is a dance leader from Idaho, author of several books, and a Non-duality & Zen teacher. She does both in-person and online events with the Mystic Dance Caravan. Zareen graduated from the Osho Multiversity in 1990 and brings that coyote energy of Zen laughter into the dances.



Ira Liss – Originally from NYC, **Ira's** 35-year career includes stand-up comedy, theater improv, murder mystery dinner theater, co-founding Red Thread Playback Theatre (where true stories come to life as instant theatre), and appearing at various Front Range venues – Denver's Mercury Café, DCPA, Bug Theatre, **Boulder's** Nomad Theater, Theatre O, Wesley Chapel, Block 1750, the Trident, and more.



Deborah Ogden has been drumming for Dances of Universal Peace and other spiritual events for over a decade, drumming for more than one thousand events. She has studied Doumbek, Djembe, Tar, and Zarb with master drummers. She has performed on stage, most notably as the drummer and percussionist for a month-long run of the theatre production *Arabian Nights* at the Lincoln Center in Fort Collins.

Jim Grant found the Dances of Universal Peace in 1991. He has been a dancer, drummer and on the board of directors of their non-profit. He studied doumbek, riqq, tar, djembe and dounouba with master drummers. He was a founding member of world-groove band Tuatha, which recorded 4 CDs worth of original music.

Marsha Marberry has been teaching Viniyoga, with her husband, in their home studio for 15 years. Viniyoga is a therapeutic form of yoga involving coordination of breath with movement(asana). All ages.

She is a long time Fort Collins Dancer and supporter of the Dance, and has been offering yoga at our retreats for many years.

Arrival and Check-in begin on Friday, April 14, 3pm.

4:30 pm – Friday, April 14 – First gathering and dinner. Location TBA.

7:00 pm – Friday – First session of retreat begins.

11:00 am – Sunday, April 16 – end of retreat

Health and Well-Being

Wash hands often. Be mindful of oral hygiene and breath.

Although we will have simple first aid items, bring first aid items for your own use for minor cuts, bee stings, and antiseptic cream or allergy medication.

Fragrances – Please do not wear or bring fragrances. Many people are sensitive and/or allergic to them.

Emotional Well-Being - Open Hearts

This retreat is focused on developing connections as a supportive community, creating an atmosphere where everyone is welcomed and feels included and safe. We ask to practice mindful and respectful relationship.

Mindful Thoughts, Mindful Words, Mindful Actions

Cell phones on OFF during sessions. If you must use the cell phone, please walk outside of the retreat area to maintain a sacred space retreat.

Weather

In mid to late April, weather in Colorado is moderate with warm to hot days and cool nights and can bring rainstorms. Bring layers of clothing for all types of weather conditions. Tank tops, sleeveless or short-sleeved shirts, spring and summer clothing are great during the day. Wool, fleece, long sleeved clothing, shawls, sweaters, etc., are good for evenings and those chilly, cloudy days.

Altitude – 4982'

If you are coming from sea level or a low altitude, expect to take some adjustment time. Move at a slower pace, drink a lot of water, and breathe deeply. Aspirin can be helpful.

Things to do and visit locally before or after the retreat:

Fort Collins Visitor Center is in Old Town. www.visitftcollins.com

Local Maps will be available for participants at the Hotel.

Visit Rocky Mountain National Park

Visit the Old Town area of Fort Collins, Loveland Sculpture Gardens

Drive the Poudre Canyon

Flying into Denver: Shuttle from Denver International Airport (DIA) to Fort Collins information:

1. Groome Transportation - [Fort Collins Loveland Shuttle - Groome Transportation - Book Now](#)