

*Introducing Sacred Movements to a Sacred Land - Ireland 3<sup>rd</sup>-8<sup>th</sup> of July 2016*

**Gurdjieff Sacred Movements - An Intensive residential retreat  
with Ms. Akash Dhammaraj from India**

We invite you with great joy to join us for a Sacred Movements retreat with our special teacher who will be visiting all the way from India, Ms. Akash Dhammaraj - a Fourth Way Teacher, Sufi dervish & psychotherapist.



*" We are not dancers. We are all searching for our truth, through the dances and movements."*

**Who is this for?**

This retreat is suitable for beginners who wish to be introduced to the Gurdjieff work and the Sufi practices, and to integrate them with the work done so far on their path. It is also suitable for experienced seekers, dervishes and path walkers of all types and traditions who wish to accelerate and deepen their path of awakening. For those of you who are specifically experienced in the Gurdjieff work or if you are taking part in the 39/46 movements project, you will be happy to know that all the movements practiced in this retreat will be part of the 39/46 practice.

**What?**

This intensive will focus mainly on introducing and practicing the Gurdjieff sacred movements as a way to find inner peace, awareness and happiness. It will integrate into the work the vast experience the teacher brings also through readings, Sufi meditation techniques, contemplative work, Zikrs, Rhythm, Music and much more...

**When?**

Start: **Sunday July 3<sup>rd</sup>** at 5pm - registration, dinner and opening session.

End: **Friday July 8<sup>th</sup>** at 6pm - After lunch on Friday we will have our closing session and goodbye hugging...

If you wish to come earlier or leave later this can be arranged directly with the Boghill center.

**Where?**

The Bodhill Center, between Lisdoonvarna (2 miles) and Kilfenora (3 miles), **West Ireland**

Venue website: <http://www.boghill.com/where-we-are/>

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### Accommodation and Food

This retreat is fully residential. We will be immersed in the middle of nature and in our process of awakening. Accommodation is available in shared "dormitory" of 4 or 6 beds. A few single and double private rooms are also available for extra cost.

The retreat includes 3 vegan/vegetarian meals a day starting with Dinner on Sunday July 3<sup>rd</sup> and ending with Lunch on Friday July 8<sup>th</sup>.

*"Learning to dance is learning to move consciously through life..."*



### Price

✓ First 5 speedy deciders: €480 per person

✓ **Early bird** (until June 15th): **€520 per person**

✓ Full price after June 15th: €580 per person

\*\* Price includes the entire retreat, accommodation in shared dormitory and 3 meals a day.

- ♥ Private room accommodation possible for couples/individuals (single or double): **extra €100 per person**
- ♥ Concession prices - if you feel called to this work but face financial challenge please talk to us.

### Registration - let's make this happen

- To secure your place and to ensure we make this happen, we ask you for a deposit of **€80 per person** (non refundable). Please send the deposit to **PayPal account: [dunaevam@tcd.ie](mailto:dunaevam@tcd.ie)** - ref. note "Gurdjieff"
- Once you've completed this, please send us:
  - Your Full name
  - email
  - phone
  - country
  - Confirmation of deposit (copy of email or PayPal confirmation)
  - Special dietary needs or desires - we will try to accommodate them
  - Tell us about any medical condition that might limit your movement in the dance

### More info & questions

For more info or questions please write to **Boaz** at [irelandmovements@gmail.com](mailto:irelandmovements@gmail.com)

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### **Getting there**

For **international participants** the best option is **Shannon airport, Ireland** which is 1h away from the venue. We will offer pick up and drop off with a shuttle on arrival and departure days.

Car rentals are also available at the airport.

For exact directions, please visit venue website.

### **Exploring the area**

The Burren and the region are a magical area that offers many different beauties. If you are interested in exploring the area after or before the retreat, the Boghill center is happy to offer you guidance, tours, facilities or equipment to accommodate your journey of exploration also outwards, and not only inwards.

For more information about these possibilities please contact them directly at <http://www.boghill.com/>



We feel lucky and privileged to have the honor to organize this  
and share the wisdom, depth and profoundness of this work.

We hope to dance with you soon.

**With love,**

**Masha & Boaz**

