



# Dances of Universal Peace Day



Which wolf would you choose?  
with Anahata Iradah

at the Miroma Steiner Centre, Vacluse

Saturday 10th March 2018

**Come join us for a  
day of Dances of  
Universal Peace,  
on the story**

*An old Cherokee is  
teaching his grandson  
about life. "A fight is  
going on inside me. It  
is a terrible fight and it  
is between two wolves.  
One is evil the other is  
good"*

*The grandson thought  
about it then asked,  
"Which wolf will win?"*

*The old Cherokee  
replied, "The one you  
feed."*



**Anahata** Iradah is a senior teacher in the Mentor Teacher's Guild of the International Network for the Dances of Universal Peace. She is a versatile and gifted musician, teacher, composer, songwriter, meditation teacher, DVD author and documentary film producer.

The revered Buddhist teacher Shinzen Young has been her personal guide in the path of Vipassana meditation. With his encouragement she has combined the Dances of Universal Peace and Buddhist meditation techniques and teachings. Anahata's deep interest in the spiritual paths of the earth has led her to many interesting places, experiences and people. She carries this richness inside and shares it freely in teachings and dances.

Kindness is the quality that most stirs Anahata's heart

The Miroma Steiner Centre Hall, 8 Village High Road, Vacluse, NSW - (Near the 324, 325 bus route.) Saturday 10.00am - 5.00pm \$95 cost for the day \$85 for members of the DOUP and early bird less \$10 if paid in full by the 1st Feb, 2018.

Please pay direct to Sydney Peace Dances, BSB 112 879, Account No: 420 633 947

Further information please contact Arjuna at [arjunab@bigpond.net.au](mailto:arjunab@bigpond.net.au) mobile +61 405 138 439

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