



Dances of Universal Peace Day

Which wolf would you choose?
with Anahata Iradah

at the Green Point Community Centre

Sunday 11th 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 Green Point Community Centre, 96 Koolang Rd Green Point, NSW

Sunday 10.00am - 5.00pm \$90 cost for the dance day programme. \$80 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

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