

# This Precious Human Life Cultivating Kindness, Purifying Consciousness The Dances of Universal Peace as a path to liberation

It's time to make your reservation  
for a wonder~filled weekend with

Anahata Iradah on

February 17-19

Heron House Spiritual Center

102 Russell Rd.,

Roswell (Mountain Park) GA, 30075



- ♥ Our gathering of hearts will provide us with sacred opportunity to rest, reflect, deepen, let go, refill, and re-enter our lives in gladness. Anahata has been guiding groups of seekers for almost 25 years and is very happy to share with the group that will gather at Heron House in Atlanta (Roswell). Whether we are doing seated practices, dances, walking meditations or songs, we will be cultivating a happy heart and celebrating all that is precious about this human life.
- ♥ 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 gifted musician, teacher, composer/songwriter, DVD author and documentary film producer. She has studied Vipassana meditation with Buddhist teacher Shinzen Young who encouraged her combining the Dances of Universal Peace with Buddhist meditation techniques. Anahata's deep interest in the spiritual paths of the earth has led her to many interesting experiences, places and people.
- ♥ Tuition: \$ 265.00 (\$ 235.00 with early registration paid in full by January 8, 2012). This includes Friday dinner, 3 meals on Saturday, and Sunday breakfast & lunch. Lodging is not included. There are a few rooms for reasonable cost in nearby homes. A list of nearby motels is available upon request. Contact Amira for information.
- ♥ Your tuition check should be mailed payable to Judy Jones, 202 Oak St., Roswell, GA 30075

♥ **This retreat is limited to 20 Participants**



Contact Amira Judy Jones at [towardtheone.amira@gmail.com](mailto:towardtheone.amira@gmail.com) or  
678-592-6805 for more information or reservations.