



## ***Moving Inward, Moving Outward***

### ***.....An informal time of dance deepening***

**Date:** August 13-14, 2010

**Place:** Meeting space(s) TBA, in Columbus

**Cost:** Suggested \$45.00 donation to Shalem Center/Abwoon (less for retired, students, couples)

Or \$15.00 donation for each section (Fri night, Sat am, Sat aft, Sat eve)

Please contact Elizabeth Reed at [ereed@shalemcenter.org](mailto:ereed@shalemcenter.org) if you would like to come but finances would prevent you from participating.

**Meals and Lodging:** On your own (those who wish can go as a group to local restaurants for meals)

If you live in Columbus and are willing for someone to stay at your home, please contact [ereed@shalemcenter.org](mailto:ereed@shalemcenter.org).

#### **Friday night –**

- Potluck dinner or out at a restaurant
- Connecting with each other
- One or two dances
- View movie **Sunseed**, brief discussion following
- A bit of closing zikr - if time

#### **Saturday morning –**

- Morning meditation/practice
- Dances and walks
- A brief look at the new MTG Guidelines
- More dances and walks

**Lunch** – Out together (or separately as you wish)

#### **Saturday afternoon –**

- Dances and walks
- Discussion time
- Planning for the evening session

**Saturday dinner** – Out together (or go it alone) for the meal

**Saturday evening** - Dances presented by those who wish (if others join from outside our weekend group, we'll convene elsewhere following the dances for a brief feedback time)