

**7th DANCING HEART CAMP 2016**  
**is International Camp of**  
**Dances of Universal Peace, Music, Mantra & Meditation in Latvia**  
**4pm Fri 15th July – 4pm Thu 21st July**

We are people from different backgrounds, gathering together to get into special atmosphere of spirit, love, safeness and peace. Through live music, sacred words, movements and heart opening we create the next beautiful step in our lives. Join us and give yourself time to relax, and connect with your own longing Being - and other “dancing-hearted” ones.

**VENUE** Aglonas Alpi, Aglonas novads, Latvia

The Untouched nature of Latgale and the pearl of Catholic church - Aglona area opens the gates for our camp, located 2,53 km from Aglona Basilica on the bank of Cirisha pond and Raudinyu lake

<http://www.aglonasalpi.lv/>

\*English-Russian-Latvian translation\* - *Musicians and translators are very welcome!*

- ✓ Please take some tools against mosquitos
- ✓ No alcohol, no smoking on the territory of the camp

**IN THE PROGRAMM**

- dances of universal peace
- mantra singing & meditation
- sufi practices & whirling
- spontaneous dances
- creativity area
- Taize singing
- morning breathing practices
- drumming
- sauna
- camp fire
- sightseeing in Aglona, the major sacred place of Catholic church in Latvia
- swimming
- and looking out for spontaneous creative events

**PROGRAMME LEADERS:**

Shamsia Sandra Sunfire & Geoff Carter (UK originally Wales) - DUP

Silje Devi (Estonia) - DUP

Vitalia Zelenevska – Nimmann & Ralph Nimmann (UK originally Germany, Latvia) - DUP

Dmitry Gulyaev (Latvia) - mantra-meditation, healing

Alexander Talancev - Musallam (Latvia) - sufi whirling, spontaneous dances

Victoria & Katerina (Latvia) - DUP

Roland Abou Jounes (Latvia originally Lebanon) - meditation, coaching

and others to be updated and continued...

**RESERVATION AND QUESTIONS:** please send your reservation (to arrange the place) and questions to e-mail - [dupdance@gmail.com](mailto:dupdance@gmail.com)

Victoria (EN, LV, RU) skype: valkiria\_wins +852 90850365 (WhatsUp)

Katerina (EN, LV, RU) +371 29818479

Svetlana (RU, LV) +371 26370293

### **FOLLOW US**

<http://www.duplatvija.com/>

<https://www.facebook.com/events/1622069764680477/>

<https://www.facebook.com/duplatvia/>

### **PRICE**

FULL TICKET - **180 EUR** (EARLY BIRD FULL TICKET TILL 1ST JUNE - **170 EUR**)

CHILDREN TICKET - **100 EUR** (IF NOT TAKEN AN ADDITIONAL PLACE - **FREE**)

ONE DAY TICKET - **35 EUR**

ONEDAY CHILDREN TICKET - **20 EUR**

WEEKEND FULL TICKET - **70 EUR**

WEEKEND CHILDREN TICKET - **40 EUR**

ANGEL TICKET – DONATION TO ANOTHER PERSON TO COME TO THE CAMP

We will be happy to accept donations for ticket to other people who is not able to pay for full ticket. Ticket includes camp program, sleeping place in the house and 3 vegetarian meal per day.

### **HOW TO PAY**

1. bank transfer

Account number: LV53HABA0551006001811

Beneficiary: Svetlana Bajeva

Personal code: 241262 - 11644

Bank : Swedbank AS

Bank address: 15 Balasta dambis street, Riga, Latvia, LV-1048

Bank reg.nr.: 40003074764

SWIFT: HABALV22

Purpose of payment - **DONATION**

2. cash

+371 26370293 Svetlana Bajeva

**You are very welcomed to pay in advance to get better sleeping place and to help the holding team with the management of the camp.**

In case of cancellation the funds will be returned excluding factual expenses.

### **GUIDELINES TO TRAVEL**

BY PLANE to RIGA - CHECK AIRLINE COMPANIES LIKE

<https://www.ryanair.com/>

<https://wizzair.com/>

<https://www.airbaltic.com/>

**THEN GO BY TAXI OR BY BUS – TAKE THE BUS NR.22 Airport (Lidosta) UP TO Central Auto Station (IN Latvian - AUTOOSTA) (GOES EVERY 15-20 MINUTES)**

<http://saraksti.rigassatiksme.lv/index.html#bus/22/b-a/en>

**THEN GO BY BUS FROM Riga Central Auto Station (AUTOOSTA) TO AGLONA**

1 OPTION Riga – Aglona (GOES ONCE A DAY)

<http://www.1188.lv/transport/bus/schedule?from=R%C4%ABgas+SAO&from-id=5495843&fc=1&to=Aglonas+stacija&to-id=5492766%7C5492767&tc=1>

2 OPTION Riga – Dagda (GOES ONCE A DAY) PLEASE LET THE DRIVER KNOW THAT YOU ARE GOING TO AGLONA IN THE BEGINNING OF THE TRIP

<http://www.1188.lv/transport/bus/schedule?from=RIGA&from-id=&fc=&to=AGLONA&to-id=&tc=>

3 OPTION IF YOU GO BY CAR

Coordinates: GPS: 56.1071979, 27.0243277

N56°06.43187', E027°01.45966' - car navigation

**THEN GO FROM AGLONA BUS STOP 3 KM TO CAMPING AGLONAS ALPI**

*PLEASE LET US KNOW WHEN YOU ARE COMING WE WILL MEET YOU at the stop!*

THE WAY step by step:

1. Near Aglonas Bazilika turn right out of the main road



2. Then keep going on Jaundzemu iela up to the building where the banner of Aglonas Alpi camping is located





3. Then turn left near the sign



AND YOU ARE WELCOME at AGLONAS ALPI!

## INFORMATION ABOUT THE LEADERS



**Shamsia Sandra Sunfire & Geoff Carter (UK originally from Wales) – DUP**

**Shamsia Sandra Sunfire** has been living and Dancing in Mid-Wales for 19 years. She has been teaching Dances of Universal Peace for 17 years and trained to teach the Dances with Amida Harvey who continues to be her mentor. Her local circle at Derwenlas in Wales has been Dancing Dances of Universal Peace for around 25 years now and continues to welcome new Dancers as well as those with

more experience and visitors who are in this beautiful part of the world. Sandra has been part of the Sacred Arts Camp teaching team as well as part of the team at the Latvian Dancing Heart Camp.



She has completed a training with Neil Douglas Klotz on the Interspiritual Leadership Training being particularly drawn to his work. Sandra has now started to supervise others in leading Dances of Universal Peace and would love to see more people leading and Dancing in Wales. “The Dances continue to be a central part of my practice, my healing and my journey through life. I love to be part of the very real flourishing sense of community that the Dances bring in such a joyful way».

**Geoff Carter** plays the guitar, drum for Sandra’s dance sessions, and follow together with Sandra the Sufi and Dances of universal peace path. We know Sandra and Geoff many years and experienced their gentle and strong Welsh energy, which empower the connection of the whole being with its deep roots of wisdom. And we are always welcome them in

Latvian land. <http://www.dupderwenlas.org.uk/>

### **Silje Devi (Estonia) – DUP**



Our Beloved Friend & dear neighbor Silje has been leading Dances of Universal Peace since 1998. Besides, of Estonia, she has led DUP and Sufi events in Latvia, Lithuania, Russia, Ukraine and UK. She has been co-organizer of the Dance camps and Sufi retreats in Estonia over the last 15 years. Murshid Saadi is her inspiring Sufi guide, but she has learnt a lot from many other great teachers, including Murshid Saul Barodofsky from Dervish Healing Order. Silje likes to share the joy, peace, harmony and feeling of Unity through the Dances and Sufi practices. And especially we are all melting into

wonderful zikrs though all the years the Dancing Heart Camp exists.

**Vitalija Zelenevska – Nimmann & Ralph Nimmann from Yorkshire, UK (originally from Germany and Latvia)**



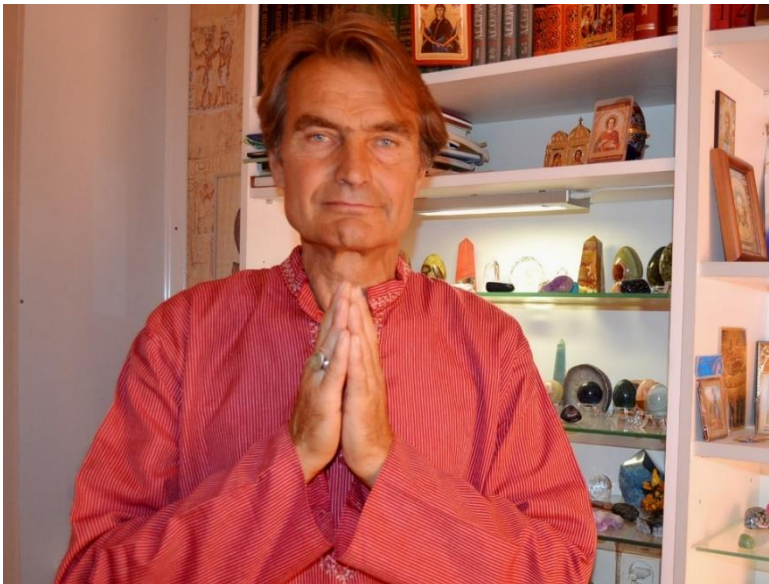
are mentors-in-training for the Dances of Universal Peace (DUP). We invite you to experience the power, depth and the joy of repetitive chanting while dancing in a circle. We move, breathe and sing together, holding hands, and become like one organism. You may lose your 'self', when falling into the heart of 'the One'. We accompany the dances with guitar and drum. No experience is required; please bring an open heart. Vitalija especially loves sharing zikrs from Leilah Be. She also invites you to experience chanting while sitting in a circle. Ralph loves playing with polarities when sharing DUP: from slow meditative walks

to fiery dances - a journey through the world's religious and spiritual traditions. Ralph will also share (trance) drumming and gentle Taizé harmony singing.

Our web site: [www.rainbow-cambridge.org.uk/dances/](http://www.rainbow-cambridge.org.uk/dances/)

Our YouTube channel: [www.youtube.com/RainbowDanceUK](http://www.youtube.com/RainbowDanceUK)

**Dmitry Guljaev (Latvia) - mantra-meditation, healing**



Healing has become the way of life for Dmitry more than 21 years ago. After long years of healing by orthodox prayers healing by mantra - meditation came over 7 years ago after the first trip to India. It brought the understanding that all religions are included in Vedas where we could find ethic principles of Yama and Niyama, which are not very common in our time. In the same time people could recognize them of each own level of consciousness. However, doing the good things should be a way of life.

Dmitry will share with us the way to open the happiness inside us and finding the joy of life. And only after having this

feeling you could receive the joy of giving, and achieve all.



**Alexander Talancev Musallam (Latvia)  
- sufi whirling**

Musalam leads spontaneous dances, dervish dance - whirling, dynamic meditations since 1994 in Latvia. Experienced teacher, who participated in numerous spiritual and yoga events and festivals.

He also runs weekly a group in Riga practicing heart chakra meditation and movements. In the camp he will share practice of sufi whirling and spontaneous dances with us.

Always supportive, Mussalam brings a strong energy into the Camp for many years, he is also a member of holding group this year.

**Victoria & Katerina (Latvia) – DUP**



**Victoria** is one of the organizers of the Camp this year. Leading the Dances of Universal Peace and drumming since 2010. Own life experience (especially last year spent in Hong Kong) and dances of universal peace makes Victoria feel the Unity in every part of the world and everyday life.

Deepening into Dances is an excellent way to provide a safe point in a “stormy waves”, refill yourself with joy and zest of life, and remember yourself to open your heart and share the love with others.



**Katerina** is one of the organizers of the Camp this year. Katerina has been dancing since 2007, playing the guitar with Victoria for DUP since 2010. Dances give an opportunity to feel deep the Enchantment of Life, Freedom of dreams and Unity with all beings. Dances are the easy way to share joy and love between others, These are that heal and change and revive the best qualities in us.



## **Roland Abou Jounes (Lebanon, Latvia) - meditation, coaching**



After years of research in Psychology, mythology and ritualistic ceremonies, Roland co-founded the Hermetic Meditation Model, used for personal development, executive coaching and a better understanding of group dynamics. The Hermetic Meditation Models essence is to reach to the abundance of resources sealed within you, and helps you bring that knowledge to your everyday life... The Hermetic Meditation Model allows you to transform a regular conversation into a multidimensional experience that engages the senses and aligns them at the service of your objectives... Spirituals, atheists religious or corporates, if you have reached a state of mind where you are not satisfied with the limiting beliefs

that bind you, you are welcome to reach out and ask to be introduced to the Hermetic Meditation Model. With the Hermetic Meditation Model you will be guided to develop your system for excellence, one that makes use of your resources and helps you identify unlimited sources for inspiration and perseverance. Roland will share with us in Dancing Heart Camp a meditation inspired from the spirit of the event, and will be available for a group discussion and individual coaching... <https://www.facebook.com/HermeticModel/>

**and many others beautiful hearts are coming and maybe you ...**

**Your Dancing-Hearted Holding Group**