



PanEuRhythmy

Dance of the Soul...

...Exercise of the Body, Mind and Spirit in Harmony with the Universe

PanEuRhythmy is a sacred dance performed in circle formation. The creator of its music and movements, Peter Deunov, now ascended, was a Bulgarian spiritual master, a sacred musician, and guru of the ascended master Omraam. The word "PanEuRhythmy" means "the highest rhythm of the Universe." Every movement has its own symbolic meaning and expresses a particular thought, feeling or action. PanEuRhythmy is a harmonic manifestation of the Divine in the Universe.

The dancing circle symbolizes both a wonderful circle of life, beauty and unity and human awareness aspiring to perfection. PanEuRhythmy can be everything for you, whatever you need at the particular moment. It can be your prayer; your meditation; a way of healing; or a means to meet in co-creativity with others, with yourself, and even with your guardian angel. Or it can be just physical exercise, a soothing dance that brings relief to your body and releases joy and peace inside of your being!

PanEuRhythmy is a wonderful method of transformation and preparation of our bodies, minds and hearts for entering into a new age—an age of peace, harmony, freedom, unity and love. It unites us with the resources of nature, enabling a connection with healing energies. Thanks to the practice of PanEuRhythmy many people experience wholeness on different levels of their being.

(The first session of PanEuRhythmy will begin at 0930, Thursday, May 9, before the conference. Many more sessions will be offered throughout the weekend.)

Arleta Brzezińska, a native of Poland, is a disciple of the world-famous PanEuRhythmy teacher and author, Ardella Nathanael.

Since Arleta's childhood, she has been interested in different forms of dance. Her passion is discovering the secrets and the potential of movement. When she began dancing PanEuRhythmy, immediately she felt its uniqueness and immense power.

Arleta practices this sacred dance with love and the belief that the more people who dance PanEuRhythmy the more peace will be felt in hearts and minds, and as a consequence also felt throughout the world.

