

Ahimsa Village & O-An Zendo
Friday Night Sustainability Series Program

Sacred Chanting and Dancing
An Evening with Rajanish David Dwight and Barbara Anderson
Friday, March 5, 2010 at 7:30PM



Enjoy an evening of **Kirtan** and the **Dances of Universal Peace** at the **O-An Zendo**. Kirtan is call-and-response chanting performed in India's devotional traditions involving chanting mantras to the accompaniment of instruments. The Dances of Universal Peace are joyous, sacred circle dances that awaken our bodies, voices, hearts, minds and spirits. Together, we will learn some of the simpler dances such as: Tis A Gift To Be Simple, Toward the One, Om Nama Shiva, I Open My Eyes To You, Wearing My long-Winged Feathers. Rise up and join the circle!

Dr. Rajanish David Dwight has been practicing and teaching yoga and meditation for over 35 years. He is a certified Kipalu Yoga instructor; his classes reflect the teachings of several masters, with whom he spent intensive trainings. His professional training is in chemistry where he has worked for industry and held numerous faculty positions.

Barbara Anderson is a teacher, dancer, and Zen Buddhist. She founded an improvisational dance company that performed in the Centre Region for ten years. She has been practicing Zen for many years and her current interests revolve around the ways in which art and the spiritual affect world views. She is the founder of O-An Zendo.

Program starts at 7:30PM followed by light refreshments. Please RSVP to bob@ahimsavillage.org, 814-355-0850 if you plan to join us. Suggested donation \$7.

Ahimsa Village: Learning – Community – Sustainability. www.ahimsavillage.org.
O-An Zendo: A zen meditation and spiritual center. www.oazendo.org
Members – School of Living www.schoolofliving.org