



Sacred Dance: Meditation in Movement

Wisdom Compassion Power The Dance of the 21 Praises of Tara

Immerse your body, speech and mind in meditation through simple, powerful dance and chanting. The Mandala Dance of the 21 Praises of Tara, created by

Prema Dasara, has been taught all over the world as personal practice and communal offering. The dance involves simple, graceful, t'ai-chi like movements done with Tara Mantras and the Twenty One Praises of Tara, a traditional Tibetan practice translated into English.

A Tantric Deity like Tara is an archetype of our own deepest nature. By focusing attention and identifying with Her we arouse and bring into manifestation our own wisdom, compassion and power. In this Dance we Invoke Her, Honor Her, and Embodify Her.

All are Welcome, Buddhist or dance experience is not necessary.

Summer & Fall Dates: (Come rain or shine!)

**May 31, June 21, July 26, August 23rd,
Sept. 20 & Oct 11 from 12-2 p.m.**

Place: Kidston Pavilion at
Fellows Riverside Gardens, 123 McKinley Ave,
Youngstown, OH 44509

For directions: www.millcreekmetroparks.org

Fee: \$5 for Students, \$10 for Adults (per session)



Julie Thomas is a student of Prema Dasara and a certified teacher of the Mandala Dance. Julie teaches in the Department of Psychology at Youngstown State University. For more information please contact Julie at jethomas@ysu.edu or leave a message at 330-941-1735. To learn more about the creators of the Tara dance, Prema & Anahata & Tara Dhatu please see www.taradhatu.org

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