

SPIRITUAL PILGRIMAGE IN POLAND



April 17 – May 3, 2020

Dances of Universal Peace workshops will be led by **Narayan Eric Waldman** from the USA.

Kundalini Yoga's morning classes will be conducted by **Marek Apollo Miedziewski**.

We invite you on a spiritual journey through a country that has thousands of years of tradition. You will dance for peace in special places, learning about the traditions and religions of other nations.

By learning and understanding the religion of another person you will enter into a relationship of real peace with him or her.

There are ten major religions in the world, three of them come from the Middle East (Judaism, Christianity and Islam), four from India (Hinduism, Jainism, Buddhism and Sikhism), Zoroastrianism from Persia, Taoism from China and Shintoism from Japan.

In addition, we will learn the shamanic culture of the Americas and pre-Slavic customs.

We will experience all these traditions on this spiritual journey.

During the trip we will host people who will give lectures on Yijing and surijanamaskar.

We will also be treated to a piano concert.

Trip plan:

17.04 - Friday

Warsaw, gathering; evening dances in Warsaw.



18.04 - Saturday

10.00 - three hours of dance workshops.

Afternoon city tour and The Warsaw Rising Museum.

19.04 – Sunday

Morning spiritual practice at the Zen Kwan Um Buddhist center in the Korean tradition. During the practice we will experience Zen meditation, singing, meal ceremonies and Buddhist dances.

Afternoon: talk on the Kabbalah and the history of Hasidic Tzadik in Poland.





20.04 - Monday

Departure to Leżajsk, on the way we will stop in the thermal baths for a 3-hour relaxation. We will visit the tomb of Tzadik Elimelech - one of the most prominent rabbis of the Jewish Hasidic tradition. He was a great Kabbalist, possessing mystical powers, healing and talking with animals. On the anniversary of his death on March 11, thousands of Hasidim from around the world gather.

21.04 - Tuesday

Visiting the Museum of Jewish Culture in Dynów and the graves of other Tzaddikim; Dances in the Jewish tradition.



22.04 - Wednesday

Trip to Oświęcim, visit the Auschwitz-Birkenau concentration camp, learn about the history of murdered Jews, Poles and people of other nationalities. Healing prayers and meditation.



Visiting the Wieliczka salt mine and dancing in the salt chapel.



23.04 - Thursday

Visit to the international ecological village, lecture on Vedic methods of healing and purifying the atmosphere with the help of Agnihotra. Smoking Agnihotra, dances in the Hindu and Zoroastrian traditions.



Overnight in the XII Benedictine monastery in Tyniec.



24.04 - Friday

Visiting the monastery and one of the most beautiful cities in Poland - Krakow. Dances in Wawel, in a place with special energy called the Heart Chakra.

25.04 - Saturday

10.00 - 3-hour dance workshops in Krakow.
Afternoon: sightseeing in Krakow.

26.04 - Sunday

3-hour dance workshop in Katowice.
Departure to Częstochowa.

27.04 - Monday

Visiting Jasna Góra - the place of the greatest cult of the Mother of God in Poland, called the Black Madonna, famous for many miracles and healings. Here we'll do dances in the Christian tradition.



28.04 - Tuesday

Trip to the Center of Spiritual and Creative Lifestyles in Koźyczków, on the way we will stop and relax in the Grudziądz hot springs.



29.04 - Wednesday

Dances amongst the stone circles in the Błędowska desert, and on the beaches of the Baltic Sea.

30.04 - Thursday

Visiting the Tri-City, Gdańsk, Sopot, Gdynia; open dances in the dome.

Talk on Old Slavic traditions.



1.05 - Friday

A cleansing sweat lodge ceremony combining the traditions of North and South American Indians.

2.05 - Saturday

Morning, a 3-hour dance workshop and after lunch a trip to Kruszyniany.



3.05 – Sunday

Visiting the mosque of the Tatar community; dances in the Muslim tradition.



Then a trip to Grabarka - the holy mountain of Orthodoxy, where there is a holy icon from Mount Athos in Greece.

Visiting the Skit (hermitage) and the men's and women's monasteries from the Orthodox tradition.

Evening return to Warsaw and the end of the pilgrimage.





Narayan Eric Waldman is a Senior Mentor of the Dances of Universal Peace and a member of the Ruhaniat, as well as founder of the Oneness Project. Narayan's style ranges from the sublime to the outrageous, but is always effective and inspiring. He has been gifted with numerous beloved dances and zikrs (Lord Make Me an Instrument, Here I Am, Om Shanti, Shema Israel, Tey Tey Malkutakh, Amen Alleluia, Ek Ong Kar and Shekinah....to name just a few.) Narayan has facilitated many events throughout the US and the world including New Zealand, Australia, Alaska, Mexico, Guatemala, Italy, Israel, Thailand and Russia. He has especially been helping the Dances spread by conducting Leader Trainings in equally far-flung places and with students ranging from neophytes to Mentors. His way of encouraging people to come into their own transmission of truth has helped a vast variety of styles to flourish. Having been a devotee of sacred song and dance since the 1960's and a leader of the Dances of Universal Peace for decades he considers himself a true disciple of the Dance. Engaging, humorous and charismatic, Narayan carries the joy of singing and dancing in praise of the Present, reminding anyone who's listening that it's useless to be anywhere else. <https://www.narayandance.org/>



Marek Apollo Miedziewski – He has been associated with Sufi Chisti and World Peace Dances since 1990, and he was initiated by Ruhaniat from Pir Shabda in 2001. Yogi and traveler. Since 1998, he has been running the Center for Spiritual and Creative Lifestyles in Koźyczkowo. He travels with people to explore various spiritual practices in India, Thailand, Japan, Brazil, Peru and California. He teaches Kundalini Yoga and Meditative Healing classes. He practices Zen, Suryi Namaskar and Ashtanga Yoga. Provides individual consultations inspiring people to their own development. He is a certified practitioner

of Amazonian Kambo medicine. Raw food enthusiast. He loves body dynamics, opens up to love from the heart and lets you discover the joy of experiencing the diversity of life. Every morning we will practice Kundalini Yoga, which combines the quality of all types of yoga. We will develop quality Shakti Bakthi - a combination of strength and love. Breathing and Asana, we will discover our potential, doing special exercises called Kriya, we will experience our infinite possibilities. www.kozyczkowo.info

Costs:

\$400 - organizational costs for N. and S. America - on or before March 17, 2020; after March 17th \$480
EUR 400 - organizational costs for Europe - on or before March 17, 2020 - after March 17th EUR 450
EUR 200 - Baltic countries
EUR 25 - per individual day

The price includes: organization, facilitation and guidance for 17 full days (April 17-May 3, 2020), participation in four workshops, daily dances in various wonderful venues as time and space allow, mentoring for dance leaders, daily yoga with the possibility of receiving individual practices, participation in a sweat lodge.

Other expedition costs:

approx. \$500 (EUR450) - this price includes inexpensive hotels (higher standard options will be available in some locales), transport.
Additional costs - food, insurance, museum entrances, additional possible guides.

For registration and more information contact Marek Apollo Miedziewski at +48 602 777 202 and/or marekapollo@gmail.com

Payments should be made to the following accounts:

Euro:

Account number: 77 1160 2202 0000 0002 4142 8538

IBAN: PL77 1160 2202 0000 0002 4142 8538

Bank SWIFT code: BIGBPLPW

Dollar:

Account number: 41 1160 2202 0000 0002 6276 6179

IBAN: PL41 1160 2202 0000 0002 6276 6179

Bank SWIFT code: BIGBPLPW

or Payment via PayPal:

<https://www.paypal.me/MarekApollo>

webpage in English and Polish: <http://zielonekregi.o.h2.pl/kozyczkowoinfo/2019/11/06/tance-dla-pokoju/>