



Barbara Perry is a Holy Faith Sister.  
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## Dance Meditation Sacred Dance

COURSE FEE: €620 payable in two installments – first payable at time of registration; second payable a week prior to first session

IBAN: IE84AIBK93331732076051

BIC: AIBKIE20

The 4 sessions form a unit and cannot be attended individually.

**Session Dates:** (Each module begins with evening meal and ends after lunch)

1, Oct 6 - 8, 2023 2, Jan 25 - 28, 2024

3, Mar 22 - 24, 2024 4, May 9 - 12, 2024 .

**Cancellations:** If cancelling up to 5 weeks prior to start of course, €50 will be retained. If cancelling up to 14 days prior to course start, 50% will be retained. Any closer will mean no refund.

**Insurance:** It is advisable to have insurance coverage for any financial loss you may incur.

ACCOMMODATION FEE (payable to Dalgan Park):

2-day: €160 3-day: €210

God, music and classical dance have always been an integral part of Barbara's life and found a harmonious integration following her far-reaching encounter with Friedel Kloke-Eibl, founder of the Institute for Dance Meditation/Sacred Dance in Germany at the turn of the millennium.

2002-5 Completion of 3-year training with the Institute in Germany.

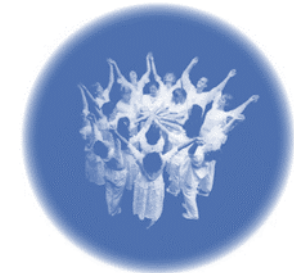
2005-6 A further intensive training in Germany

2018-19 Post Graduate studies in Germany, leading to becoming a teacher of the Training Institute.

For 15 years facilitated classes and workshops in Ireland and elsewhere.

Sacred Dance teacher at the Luisne Centre, Bray, Co. Wicklow

Basic Training Course  
with  
Barbara Perry  
Dalgan Park



Ausbildungsinstitut  
Meditation Des Tanzes—Sacred Dance  
Friedel Kloke-Eibl

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## Dance Meditation

### Sacred Dance

With Dance Meditation, a dance form was created by Bernhard Wasien (1908-1986) and further developed by Friedel Kloke-Eibl, a long-time student and subsequent collaborator with Bernhard Wasien. It is a form that encompasses categories including wisdom, beauty and mindful togetherness.

Dance, like every work of art, has its roots in our spiritual heritage. Bernhard Wasien

It is a meditation in movement, a stepping into stillness which facilitates a gradual increase in composure of the spirit and calming of the thoughts.

As an answer to the quest for meaning in life, Dance Meditation can become a pathway to self-discovery and a pointer to the transcendent aspect of things. As a medium of teaching, it is unsurpassed in training one's consciousness, self-awareness and awareness in relation to space. Friedel Kloke-Eibl

## Meditation En Croix

From its very alignment and orientation, classical dance is a meditation in the form of the cross. From the study of the positions, we learn about the law of harmony which the Greeks sought and found. Thus, training the body becomes a means of training the spirit.

The classical school of dance has a maxim that only in rest, can movement be experienced, meaning that movement is only expressive when it is also a reflection of inner stillness. Basic exercises from classical dance will be regularly included.

Dances and choreographies by Friedel Kloke-Eibl, Bernhard Wasien and Saskia Kloke to classical, religious and folk music will be taught, as well as dances from the European folk dance tradition.



## Target Group

This course is open to professionals in the fields of therapeutic, social, health, educational or church work. It is also suitable for those who have practiced Dance Meditation for some time, and who wish to engage more intensively with the content and experience of Dance Meditation/Sacred Dance.

On completion of the course, participants will be able if desired, to integrate simple dances into their work.

The Basic Course entitles one to participate in the three-year training with teachers of the Institute.

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**Registration Form**

**Basic Course 2023 – '24**

**Dance Meditation/Sacred Dance**

**Dalغان Park, Navan, Co Meath**

Register with Barbara at: [barbara@luisne.ie](mailto:barbara@luisne.ie)

Mob: +353 1 (0)87 1343907

Apt 20, Seamount, Eden Gate, Delgany, A63 RC80

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email (Block letters): \_\_\_\_\_

Dietary requirements: \_\_\_\_\_

\_\_\_\_\_

Previous dance experience: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_