

Sufi Heart Dance



a social meditation where we sing and dance and meet together,

kind of a joyful musical speed dating from the heart...

It's fun, it's easy and it grooves...

facilitated with gentleness and humor by Atmo and wonderful musician friends

Singing simple songs from around the world and dancing simple dances together moves us out

of the mind into the heart...into connection, love and joy,...so simple... easy is right - right is easy...

Dance till you fall in love...disappear in the song...till the dancer is gone....

...until only the dance remains....