

# The Dances of Universal Peace

*21<sup>st</sup> Annual*

Ithaca Dance Camp

June 23 – 26, 2011

(Thursday dinner through Sunday lunch)



## **Dance • Sing • Find Joy**

The Ithaca Dance Camp is an annual weekend retreat in the beautiful Arnot Forest. Each year, about 100 people gather to dance, sing, cook, eat and live together in community. Everyone is welcome from all walks of life.

Dance sessions are held after breakfast and dinner, plus an extra session on Saturday afternoon (a total of seven Dance sessions). There is also plenty of time for you to enjoy the land and each other's company, to help with meal prep, or to offer a scheduled activity or workshop.

## **Arnot Forest**

Arnot Forest is a beautiful camp in the wooded hills about 15 miles from Ithaca. It has a number of rustic cabins, tenting space, and hiking trails. There is a main lodge (with a kitchen) where we dance and eat together. There is a building with community showers and restrooms. For more information about Arnot Forest visit [www.dnr.cornell.edu/arnot](http://www.dnr.cornell.edu/arnot).

The Dances of Universal Peace are participatory, joyous dances. We gather in a circle for singing and dancing in a simple, profound way. The Dances are very easy movements combined with sacred chants, phrases and songs from many traditions to promote peace, harmony and healing. The traditions honored may include Hinduism, Buddhism, Judaism, Christianity, Islam, Zoroastrianism, Native American, Native African, or the Goddess. Dance leaders give instructions before each dance. No previous experience is necessary. All you need is an open heart, and the desire to see the divine goodness in yourself and others.

## **Children's Activities**

Children are central to Camp, and we provide KidCamp programming during each dance session, led by a dedicated mentor. To plan for our children and youth this year, we need to know who is coming. Our tweens and teens may need freedom more than structure, while ages 4-8 may enjoy our traditional nature-based crafts, outdoor games, and creek walks. The Kid's Cabin will again be home base. Please let us know names, ages and interests of your young-uns. And we request help with: Kid's Cabin setup (Thursday), Cabin breakdown (Sunday), Snack running (throughout), and being a Storyteller or Helper (during a dance session). Please Contact Jaekah Chase at 607-339-6545, Cheri Botts at [cheradance@gmail.com](mailto:cheradance@gmail.com) or Sara Culotta at 607-273-1287. Your confirmation letter will include KidCamp details.

**See other side for details and logistics**

**Registration form enclosed**

**Fees and Registration**

Deadline for registration without late fee is June 15, 2011. See the attached registration form for details. Due to space limitations, registration will be limited to the first 99 adult registrants. Fees are sliding scales based on your ability to pay. We will need the average of this scale to cover

costs: Adults (ages 17+).....\$130 – \$195 sliding scale per adult + \$25 late fee after June 15<sup>th</sup>  
Children (ages 4 – 16)..... \$65 – \$90 sliding scale per child + \$10 late fee after June 15<sup>th</sup>  
Ages 3 and under ..... Free

The children’s fee includes the costs associated with the children’s program.

**Food**

Three meals per day are provided, starting with dinner on Thursday, June 23<sup>rd</sup>, and ending with lunch the following Sunday.

Menus have been planned in advance. We all volunteer to prepare meals and/or clean up afterwards (i.e., party in the kitchen!). You can choose which meals you will help with. All meals will be simple, healthy, vegetarian, and (where possible) using local organic produce. If you have special dietary needs, indicate this on the registration form. We may not be able to provide for all needs, so be prepared to bring what you require.

**Lodging**

Tenting: Please tent if you are able, so that cabins can be available for those who find it difficult or impossible to tent. If you plan to tent, please bring your own; tents are not provided.

Cabins: There are three heated cabins and five unheated cabins (64 beds in all). Cabins are available on a “first come, first served” basis. However, people with infants or special needs will have first priority. Please note your lodging needs on the registration form, and/or whether you have an infant. Cabins have bunk beds with mattresses. You will need to bring your own bedding.

**Dance Leaders**

The Dances will be led by many dance leaders, both from Ithaca and visiting from afar. If there is a chance that you will want to lead a Dance, please indicate this on your registration form. We will contact you to coordinate.

**Other Details...**

Getting there: After we receive your registration, we will send you a confirmation letter with driving directions and other details. We are unable to provide transportation assistance or shuttle service, however we are happy to try to connect you with other registrants for carpooling possibilities. Please make a note on your registration form to let us know that you would like to ride-share.

Bring comfortable shoes: The dance space has a concrete floor.

Bring a separate water bottle for your children, so they can take it to KidCamp outings.

Also bring, for you and your children: Sun screen, insect repellent, water shoes, rain boots, sunhat, balls, frisbees, kites, simple outdoor toys to share.

Pets are not permitted at Arnot Forest nor are alcohol and illegal drugs.

*The Ithaca Dance Camp is organized by the Ithaca Dance community.*





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21<sup>st</sup> Annual Ithaca Dance Camp — June 23-26, 2011

c/o David Gallahan, Registrar  
511 Spencer Road  
Ithaca, NY 14850

*"If you can walk, you can dance.  
If you can talk, you can sing."  
-Zimbabwe proverb.*