

The 21 Praises of Tara

Dance the Tara Mandala with
Prema Dasara & Anahata Iradah

November 9-11, 2007

Lussier Family Heritage Center
3101 Lake Farm Road Madison



Swift Protection
Creative Wisdom
Impeccable Virtue
All Victorious
Sublime Intelligence
Worthy of Honor
Invincible Courage
Destroys Negativity
True Refuge
Joy and Laughter

Complete Enlightenment

Distributor of Wealth
Auspicious Beauty
Irresistible Truth
Feroocious Compassion
Serene Peace
Destroyer of Attachment
Bliss and Joy
Transformer of Poison
Remover of Sorrow
Radiant Health

The Dance of the 21 Praises of Tara Workshop is a practice of empowerment and blessing. The music is moving and meditative. Based on an ancient Tibetan practice of praising and embodying the Great Goddess Tara, the Mother of Compassion & Wisdom, the dance has been taught and offered as a prayer to communities worldwide. His Holiness the Dalai Lama and many great Tibetan Buddhist lamas have given their blessing and offered their prayers that this dance be shared as widely as possible.

Workshop participants are led into a mandala of dance, instructed in the subtlety of sacred movement and mudra. They learn experientially the philosophy, meditations, and visualizations of the traditional Tantric Buddhist practice. At the end of the workshop, participants dance for the community in an offering ritual performance. Musicians are invited to join the workshop as members of the sacred sound ensemble, directed by Anahata Iradah.

No previous dance experience necessary.

Men are encouraged to participate.



*Using sacred dance and song, **Prema Dasara** and **Anahata Iradah** have traveled the world in dedicated service to humanity. With their wealth of scholarship, lineage, experience and creativity, the partnership of Prema and Anahata is formidable. **Prema** teaches Tibetan Buddhist practices with warmth, humor, and wisdom. She is an international teacher and performer of sacred dance, having trained for many years with masters in India, Nepal, Tibet and Bali. **Anahata** is a multi-instrumentalist, composer, songwriter, meditator, video producer and is a senior leader of the Dances of Universal Peace. This event is sponsored by Tara Dhatu.*

TIMES: Workshop begins Fri., 11/9, 7-10pm and continues Sat. 11/10, 10am-6pm & Sun. 11/11, 10am-4pm

A public performance of the 21 Praises to Tara Dance will be held Sun., Nov. 11th at 4pm \$10-15 donation

SUGGESTED DONATION:

Full weekend \$100-150; Friday evening only 7-10pm \$20-25

For info or registration email lgarlynd@yahoo.com or call Mariah at 608-206-6219