

The Dances of Universal Peace

22nd Annual

Ithaca Dance Camp

June 28 – July 1, 2012

(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. All are welcome.

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 to enjoy the land and nature, renew and/or develop friendships, help with meal preparation, or 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 several rustic cabins (a few with heat), 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.

The Dances of Universal Peace

are a joyous, meditative, participatory spiritual practice. We gather in a circle to sing and dance in a simple, profound way. The Dances use easy movements combined with sacred chants, phrases & songs from many traditions to promote peace, harmony and healing. Traditions honored may include Hinduism, Islam, Buddhism, Judaism, Christianity, 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 the names, ages and interests of your young-uns. **We request help with:** Kid's Cabin setup (Thursday), Cabin breakdown (Sunday), Snack running (throughout), and being a Helper (during a dance session) or Storyteller. For more information on **KidCamp**, please contact Cheri Botts at cheradance@gmail.com or Sara Culotta at 607-273-1287. Your confirmation e-mail 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 20, 2012. See the attached registration form for details. Due to space limitations, registration will be limited to the first 80 adult registrants. Fees on a sliding scale 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 20th**
Children (ages 4 – 16)..... \$65 – \$90 sliding scale per child + \$10 late fee after June 20th
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 28th, and ending with lunch on the following Sunday.

Menus are 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 (whenever possible) using local organic produce. Please indicate on the registration form if you need the wheat-free or dairy-free options. If you have other special dietary needs, please 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 e-mail 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.

REGISTRATION FORM

22nd Annual Ithaca Dance Camp - June 28 – July 1, 2012

<p>Please send your fee and completed registration form to:</p> <p>David Gallahan, Registrar 511 Spencer Road Ithaca, NY 14850</p>	<p>If you have questions, please contact the registrar (David Gallahan) at:</p> <p>phone: 607-342-6205 email: registrar@idancepeace.org mail: 511 Spencer Road Ithaca, NY 14850</p>
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Deadline for registration is June 25, 2012. Due to space limitations, registration will be limited to the first 80 adults. **Cancellations:** \$30 is non-refundable. Sorry, no refunds after June 20th.

Registration information can be e-mailed to registrar (*not* as a separate attachment, please) or included in mailing. Please mail a check for your fee. Receipt of fee confirms registration.

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Registration fees: Adults (ages 17+) **\$130 – \$195 sliding scale per adult**
(add \$25 if registering after June 20th)
Children (ages 4-16) **\$65 – \$90 sliding scale per child**
(\$75 – \$100 if registering after June 20th)
Ages 3 and under **Free**

Number of adults: _____ List name(s) of adult(s): _____

Number of Children: _____ List name(s) and age(s) of Children:
Name: _____ age: _____ Name: _____ age: _____

Enclosed is my (our) total Fee of \$ _____, made payable to “Dances of Universal Peace”

You can contact me at:
email: _____ Tel #: _____

Mailing Address: _____

...Check everything that applies....

- I want to lead a dance. I want to offer a workshop.
- I will help with KidCamp as follows _____ (see 1st page for needs)
- I [*need*] / [*can offer*] (circle one) a ride to/from _____
- I [*need*] / [*want*] a heated cabin because _____
- I need wheat-free meals. I need dairy-free meals.
- I cannot attend on the following days: _____



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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