

The background is an abstract, fluid pattern of swirling colors. It transitions from a deep red on the left, through purple and blue, to a bright cyan and green on the right. The patterns resemble marbled paper or liquid paint mixing.

Dance of Oneness®:
30 Days of Dance

Music List



MODULE I
Earth Initiation

■ Session 1: The Weave - Awaken Your Body and Ground in

Artist	Album	Song(s)
- Greg Ellis - Aynur Dogan - Greg Ellis	Kala Rupa Nûpel Rhythm Pharm: Vitality	Form 1 Ez Keç Im Vitality 4

■ Session 2: Full Body Shaking to Liberate Your Energy

Artist	Album	Song(s)
- Kodo - Raquy & The Cavemen	Heartbeat - KODO 25th Anniversary Naked	Shake Debke
- Rachid Taha - Göksal Baktagir - Lian Music Band music)	Made in Medina Göksal Baktagir Homely Parish -	Qalantiqa Saba sirto Jostojoo (Bandari
- Greg Ellis	Regional Music of Iran: Bushehr Rhythm Pharm: Vitality	Vitality 5

■ Session 3: Root Lovingly in the Earth

Artist	Album	Song(s)
- Mercan Dede	Nar	Nar-I-Ask
- Dastan Ensemble	Journey to Persia	Shurideh
- World Percussion Collective	Percussion Around the World	Son Da Terra
- Lian Music Band (music)	Homely Parish -	Ghale (Bandari
- Greg Ellis	Regional Music of Iran: Bushehr	Vitality 2
- Nida	Rhythm Pharm: Vitality	Gel Gor Beni
- Beatles	Duet Series Guitar-Ney	Fixing a Hole
	Sgt. Pepper's Lonely Hearts	

■ Session 4: Earth Dance Prayer

Artist	Album	Song(s)
- Hossein Behroozi-Nia & Pejman Hadadi	Midnight Sun	Epic of Dawn and
- Madou Djembé	Percussions D'Afrique	Tempo
- Rastak Ensemble (music)	Sornaye Norouzi	Hele Mali (Bandari
- Greg Ellis	Rhythm Pharm: Vitality	Vitality 1 and Vitality 2

■ Session 5: Rapture in Being Here Now

Artist	Album	Song(s)
- Hossein Behroozi-Nia & Pejman Hadadi	From Diamond to Stone	Tracks 1 & 8
- Madou Djembé	Percussions D'Afrique	Tempo
- Lian Music Band Delshureh	Homely Parish -	Neymeh &
- Greg Ellis	Regional Music of Iran: Bushehr Rhythm Pharm: Vitality	(Bandari music) Vitality 2

■ Session 6: Bridging the Invisible and the Visible

Artist	Album	Song(s)
- Mercan Dede	Sufi Traveler	Neynameh
- Göksal Baktagir	Hayal Gibi	Hayal Gibi
- Greg Ellis	Rhythm Pharm: Vitality	Vitality 2
- Habib Meftah music)	Deyzangeroo	Choopee (Bandari
Bushehri		
- Aynur Dogan	Nûpel	Ez Keç Im
- Kodo	Mondo Head	Sange

■ Session 7: Stretching Sequence

Artist

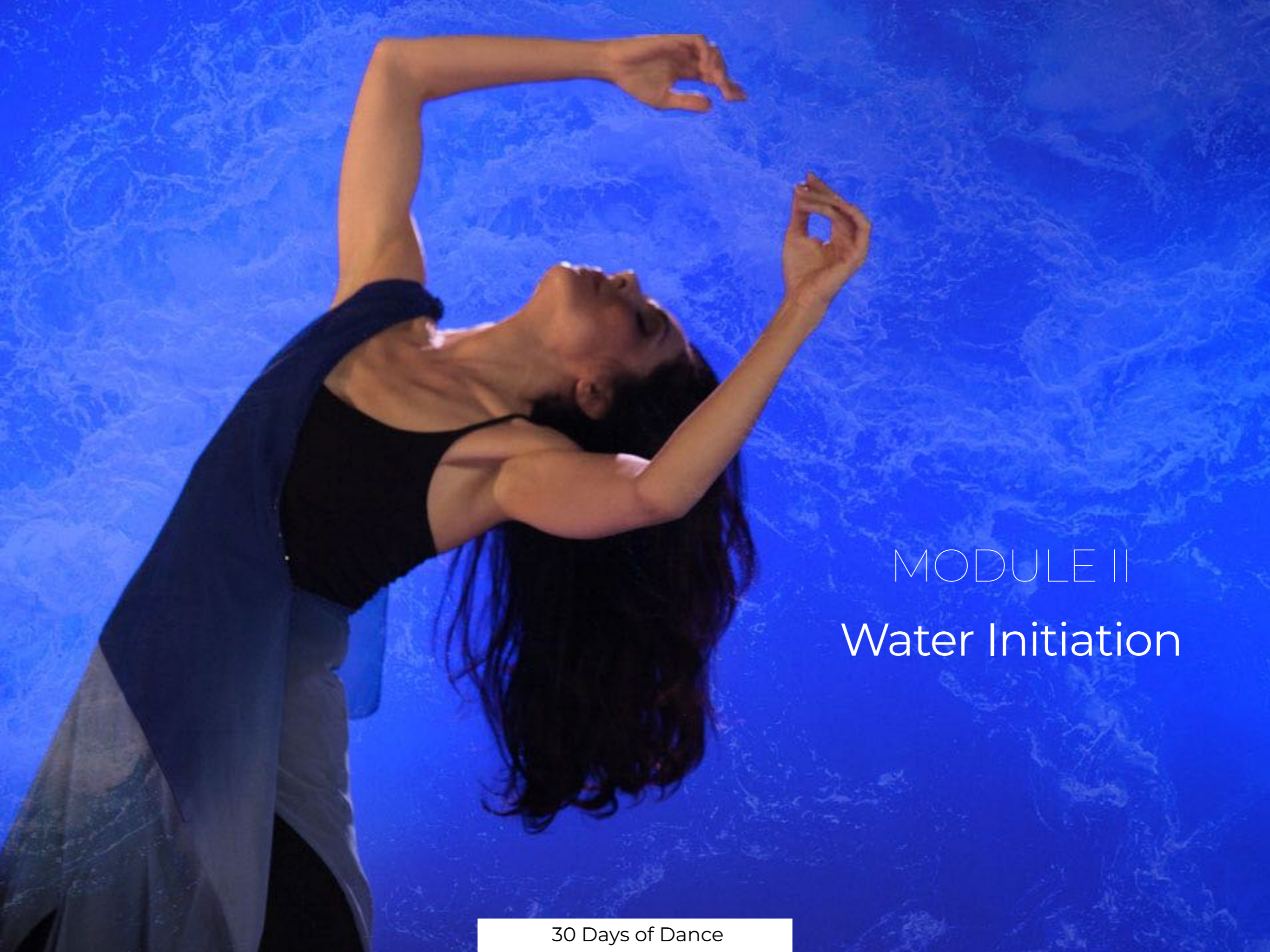
- Hariprasad Chaurasia
- Aynur Dogan

Album

Nûpel

Song(s)

Rag Ahir Bhairav
Ez Keç Im



MODULE II
Water Initiation

■ Session 1: Emanate Rays of Light from the Sea of Glory

Artist	Album	Song(s)
- Dastan Ensemble - Greg Ellis - Lian Music Band (music)	Journey to Persia Kala Rupa Homely Parish -	Seven Beat Rhythm Jostojoo (Bandari
- Madou Djembé - Mercan Dede - Ali Akbar Morad	Regional Music of Iran: Bushehr Percussions D'Afrique Sufi Dreams Fire of Passion	Tempo Of Perhan Intimate Dialogue

■ Session 2: Fountain of Living Water

Artist	Album	Song(s)
- Erkan Ogur - Tahmoures Pournazeri - Greg Ellis - Homayoun Shajarian & Sohrab Pournazeri	Bir Omurluk Misifir Leila Khatoun Rhythm Pharm: Vitality Iran	Agirlama Yar E Aziz, and Mastom Vitality 2 So Much the Better
- Amir Hayati (Sama)	Ali Guyam, Ali Juyam	Bal-Vashan

■ Session 3: Persian Dance as the Expression of Aphrodite

Artist	Album	Song(s)
- Gürsel Koçak - Mercan Dede - Lian Music Band	Kadın Bestecilerimiz Sufi Traveler Homely Parish - Regional Music of Iran: Bushehr (Bandari music)	Evcara Peflev Sahnameh Neymeh & Delshureh
- Umut (Harp music) - Hossein Alizadeh & Pejman Hadadi	Aan O Aan (Monad)	Parvaz (Flight)

■ Session 4: Waves of Love

Artist	Album	Song(s)
- Dost - Hossein Alizadeh & Pejman Hadadi	Dost Aan O Aan (Monad)	Track 4 Parvaz (Flight)
- Sacred Atmospheric	Sacred Atmospheric	Track 10 & 1

■ Session 5: The Heart Field

Artist	Album	Song(s)
- Madou Djembé	Percussions D'Afrique	Sogoni Coun
- Raquy & The Cavemen	Naked	Jehan
- Aziz Shahrokh & Saeid Farajpouri	Avat	Avati
- Asik Veysel	Anadolu Ozanlar Serisi	Kara Toprak
- Trio Aksak	Nafile	Sarki 04
- Mercan Dede	Breath	Napas
- Aynur Dogan	Nûpel	Keca Kurdan
- Naked Rhythm	Naked Rhythm	

■ Session 6: Liquid Grace

Artist	Album	Song(s)
- Mercan Dede - Dastan Ensemble - World Percussion Collective	Nar Journey to Persia Percussion Around the World	Nar-I-Ask Midnight Sun Djembe Ni Bara
- Hossein Alizadeh & Pejman Hadadi - Istanbul Oriental Ensemble	Aan O Aan (Monad)	Parvaz (Flight)
- ZARA - Omar Faruk Tekbilek	L' Épopée Tzigane: Road of the Gypsies Disc 2 BÜLBÜL-† fiEYDA Whirling	Roman Oyun Havasi Parça 10 Long Wait

■ Session 7: Dancing in the Ocean of Beauty

Artist	Album	Song(s)
- Nida	Duet Series Guitar-Ney	Ey Asik
- Ali Akbar Morad & Pejman Hadadi	Fire of Passion	Intimate Dialogue
- Hossein Alizadeh & Pejman Hadadi	Aan O Aan (Monad)	Parvaz (Flight)
- Kodo	Mondo Head	Echo Bells
- Ercan Irmak	Ses ve Nefes	Bülbül
- Osman Aktafl	Ana	Zülûf Dökülmüfl Yüze
- Ercan Irmak	Ses ve Nefes	Ey Aski Sadiklar
- Asik Veysel	Anadolu Ozanlar Serisi	Cigdem Derki
- Omar Faruk Tekbilek	Mystical Garden	Hasret



MODULE III
Air Initiation

■ Session 1: Dance as Invisible Architecture

Artist	Album	Song(s)
- Javid Afsari Rad & Pejman Hadadi	Improvisation *	
- Ali Akbar Morad & Pejman Hadadi	Fire of Passion	Sama of Tanbur
- Aynur Dogan	Nûpel	Eman Eman-Eman Dilo
- Greg Ellis	Rhythm Pharm: Vitality	Vitality 2
- Nida	Duet Series Guitar-Ney	Gul Yuzun
- Parissa & Ensemble Dastan	Shoorideh [Disc 2]	Parvaz-E Khial

*This is a recording from a rehearsal during one of our dance and music tours. Please search the artist names to find their recordings.

■ Session 2: More Energy than Matter

Artist	Album	Song(s)
- Kodo	Heartbeat - KODO 25th Anniversary	Miyake
- Raquy & The Cavemen	Naked	Debke
- Rachid Taha	Made in Medina	Qalantiqa
- Claude Monnet	Music For Our Friends CD 2 - Party Friends	Voodoo Bounce
- Maneesh De Moor	Sadhana	Silent Ganges
- Lian Music Band music)	Homely Parish -	Jostojoo (Bandari
- Greg Ellis	Regional Music of Iran: Bushehr Rhythm Pharm: Vitality	Vitality 5

■ Session 3: Persian Dance: Uniting the Ethereal and the Sensual

Artist	Album	Song(s)
- Ahmet Kanneçi Meyva	Anatolian Pieces	Aygöz and Ham
- Hossein Behroozi-Nia & Pejman Hadadi	From Diamond to Stone	Track 3 and Track 4
- Greg Ellis - Mohammad Mousavi	Kala Rupa The Masters of Persian Traditional Music, Ney	Mahour
- Parissa & Dastan Ensemble	Shoorideh [Disc 1]	Hekayat
- Hossein Behroozi-Nia	From Diamond to Stone	Track 2

■ Session 4: Dancing in the Field of All Possibilities

Artist	Album	Song(s)
- Omar Faruk Tekbilek - Sima Bina - Hossein Behroozi-Nia & Pejman Hadadi	Mystical Garden Parishaan From Diamond to Stone	Hasret Aziz & Banoo Track 2
- Parissa & Dastan Ensemble	Shoorideh [Disc 1]	Hekayat

■ Session 5: The Breath of Life

Artist	Album	Song(s)
- Omar Faruk Tekbilek - Istanbul Oriental Ensemble Havasi	Mystical Garden L' Épopée Tzigane:	3 Last Words Roman Oyun
- Davood Azad - Third Planet	Road of the Gypsies Disc 2 Your Path	Khaneh Por Noor
- Parissa & Dastan Ensemble	Shoorideh [Disc 1]	Hekayat
- Trance Mission	Head Light	Work Song

■ Session 6: The Energetic Field around Your Body

Artist	Album	Song(s)
- Osman Aktafl - Omar Faruk Tekbilek - Mohammad Mousavi	Ana Tree of Patience The Masters of Persian Traditional Music, Ney	Zülûf Dökülmüfl Yüze Ghizemli Bayat-e Tork
- Kamkars Ensemble - Parissa & Dastan Ensemble	Agiri Zindo Shoorideh [Disc 1]	Desra Belahilgir Hekayat

■ Session 7: The Love Breath

Artist	Album	Song(s)
- Greg Ellis - Desert Dwellers Bhagavate - Greg Ellis	Kala Rupa DownTemple Dub: Waves Kala Rupa	Form 7 Om Namó

A woman is captured in a dynamic dance pose, wearing a shimmering gold sequined top and a large, flowing red fabric that she is holding aloft with her right arm. The background is a warm, gradient of orange and red, suggesting a stage or performance setting. The overall mood is energetic and artistic.

MODULE IV
Fire Initiation
and Integration

■ Session 1: Ignite the Flame in Your Heart

Artist

- Mercan Dede
- Greg Ellis
- Andres Fernandez Amador
- Torres Bermejas
- Huelva
- Gypsy Kings

Album

- Nar
- Rhythm Pharm: Vitality
- Flamenco Total
- Flamenco Highlights From Spain
- Volare! The Very Best of the Gypsy

Song(s)

- Nar-I-Mey and Nar-I-Cem
- Vitality 2
- Verdiales
- Fandangos De
- Baile Me

■ Session 2: The Taste of Fire

Artist

- Kodo
- Andres Fernandez Amador
- Raquy
- & The Cavemen
- Göksal Baktagir
- Trio Aksak
- Gypsy Kings
- Rachid Taha

Album

- Heartbeat - KODO 25th Anniversary
- Flamenco Total
- Naked
- Göksal Baktagir
- †lk
- Volare! The Very Best of the Gypsy
- Kings
- Made in Medina

Song(s)

- Shake
- Verdiales
- Jehan
- Saba sirto
- Ayr†l†k
- Bamboleo
- Garab

■ Session 3: Flamenco, the Dance of Fire

Artist	Album	Song(s)
- Nida	Duet Series Guitar-Ney	Uyan Ey Gozlerim
- Mercan Dede	Nar	Nar-I-Ask
- African Drums & Soukouss	World Masters - Beat the Drum	Steady Going
- B-Tribe	Sensual Sensual	Sensual Sensual &
Hablame		
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Curro Malena	Legends Of Gypsy Flamenco	Bulerias
- Gypsy Kings	Volare! The Very Best	Bem, Bem, Maria

■ Session 4: Wild Nobility

Artist	Album	Song(s)
- Nida	Duet Series Guitar-Ney	Sol Cennetin Irmaklari
- Erkan Ogur	Bir Omurluk Misifir	Agirlama
- Estrella Morente	Mujeres	La Joya
- B-Tribe	Sensual Sensual	Ahoy Ahoy &
Alegria		
- Andres Fernandez Amador	Flamenco Total	Verdiales

■ Session 5: Alchemy of Transformation: Turning Lead into Gold

Artist	Album	Song(s)
- Mercan Dede	Nar	Nar-I-Cem
- Kodo	Mondo Head	Echo Bells
- B-Tribe & Alegria	Sensual Sensual	Sensual Sensual
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Yasin Keleş	Istanbul Nights	Gypsy Guitar

■ Session 6: Garden Amidst the Flames

Artist	Album	Song(s)
- Mercan Dede	Nar	Nar-I-Yar
- Lian Music Band	Homely Parish - Regional Music of Iran: Bushehr	Delshureh
- Sabicas Soleares	The Greatest Flamenco Guitarist	Solea Gitana &
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Gypsy Kings	Volare! The Very Best of the Gypsy Kings	Volare

■ Session 7: Harnessing Volcanic Energy

Artist	Album	Song(s)
- African Drums & Soukouss	World Masters - Beat the Drum	Beat the drum
- Raquy & The Cavemen	Naked	Jehan
- Rachid Taha	Made in Medina	En Retard
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Istanbul Oriental Ensemble	L' Épopée Tzigane: Road of the Gypsies Disc 2	Roman Oyun Havasi
- Trio Aksak	Nafile	Sarki 04
- Gypsy Kings	Volare! The Very Best of the Gypsy Kings	Djobi Djoba
- Ian Oliver Feat. Estenders	Music For Our Friends CD 2 - Party Friends	Vino Vino
- DJ Dr Kucho!	Music For Our Friends CD 2 - Party Friends	El Mariachi
- Yalcin Asan Project	Music For Our Friends CD 2 - Party Friends	Arriba

■ Session 8: I Am Exactly Where I Need to Be

Artist	Album	Song(s)
- Madou Djembé	Percussions D'Afrique	Sogoni Coun
- Raquy & The Cavemen	Naked	Debke
- Aziz Shahrokh & Saeid Farajpouri	Avat	Avati
- Aynur Dogan	Nûpel	Keca Kurdan
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Parissa & Dastan Ensemble	Shoorideh [Disc 1]	Hekayat
- Aynur Dogan	Nûpel	Nesrin
- Gypsy Kings	The Very Best of the Gypsy Kings	Bamboleo/Volare/ Djobi Djoba/Pida Me La/Baila Me
- Naked Rhythm	Naked Rhythm	

■ Session 9: Dancing the Joy and the Pain, Both

Artist	Album	Song(s)
- Rastak Ensemble	Sornaye Norouzi	Hele Mali (Boushehr)
- Aynur Dogan	Nûpel	Keca Kurdan
- Göksal Baktagir	Göksal Baktagir	Saba sirto
- Andres Fernandez Amador	Flamenco Total	Verdiales
- Parissa &	Shoorideh [Disc 1]	Hekayat
- Gypsy Kings	Volare! The Very Best of the Gypsy Kings	Djobi Djoba

