

Banafsheh Sayyad

Persian sacred dancer, choreographer, transformational teacher and founder of Dance of Oneness®, Banafsheh Sayyad performs and teaches internationally, initiating people into the wisdom of their body, inspiring them to live their everyday life as a sacred dance. Known for her innovative movement vocabulary, Banafsheh is one of the few bearers of authentic Persian dance in the world, an innovator of Sufi dance previously performed only by men, and one of the only dance artists who has mastered a fusion of high level dance technique with spiritual embodiment.



Her modality, Dance of Oneness® is dance as a spiritual path and science of embodiment that operates in 3 dimensions—the art of dance: rigorous technique and self-expression; wisdom teachings; and healing. With an MFA in Dance from UCLA and an MA in Chinese Medicine, she is dedicated to individual and collective healing through conscious movement.

Banafsheh's award-winning work has been presented in North America, Europe and Australia. Her dance film *In the Fire of Grace* traces Rumi's journey of the Soul in dance. Based in Los Angeles, she teaches across North America, Europe and Turkey at famous retreat centers like Esalen, Omega, Kripalu, Menla, Multiversity, Schweibenalp Center of Unity and Hollyhock to name a few.

Links:

- [Banafsheh - Dance of Oneness®](#)