

Adnan Sarhan, Director of the Sufi Workshop, is a master of various traditions of scholarship, meditative sciences, physical exercise, mystical dance and music. He is internationally known for his “Rapid Method” which develops higher intelligence and awareness, causing people to become creative and innovative and helps to destroy all types of bad habits which inhibit people’s ability to live full and happy lives.



A Sufi Master and member of five Sufi Orders, Adnan is Founder and Director of the Sufi Foundation of America based in the Manzano Mountains near Torreon, NM. Originally from Baghdad, he was first sponsored in America by the Cathedral Church of St. John the Divine, New York, the Unitarian Society of Whittier, California, and Esalen Institute, Big Sur, California. R.J. “Josh” Reynolds, III was also a major patron and student who helped support the Sufi Foundation in its efforts to fight destructive habits like smoking.

Adnan tours the world conducting workshops and giving concerts at prestigious institutions around the world including the United Nations in New York, St. James' Church in London, Alhambra Palace in Granada, Spain, the World Congress of Psychology in Switzerland, a grand concert at the Otto Zutz in Barcelona, Spain, the Earth Summit in Brazil, and conferences of Humanistic Psychology.

By invitation of the United Nations, he opened the Earth Summit in Brazil with a drumming presentation. In 1997, he received a special invitation from the Russian Parliament to present his work in Moscow.

He leads participants in a wide variety of timeless techniques that signal a connection to the past stretching back twelve hundred years.

A unique master of drumming, dance, breathing and movement exercises, meditation, chanting and whirling, his special technique heightens concentration, frees the body from tension, and brings harmony, contentment and peace. Each summer Adnan directs an intensive two month workshop at the Sufi Foundation Retreat Center near Torreon, New Mexico.

Adnan says, “It is important to bring the material life and the spirit together to gain the best of existence. If people only function in the materialistic reality alone, they will be unhappy. If they function only in the spiritual, they will also be unhappy. It is the blending and the balance between spirit and the material that makes life fulfilled and complete.”

A master drummer and dancer, he has developed a technique of meditative drumming unknown in the West which has a dynamic and profound positive effect on those who listen to it. After having heard Adnan’s drumming, many people have been known to be cured of their addictions including drinking alcohol, smoking, taking drugs and overeating and have been cured of disease processes as well.



Student Quotes:

Adnan’s “holistic approach to the development and integration of body and mind has helped me take a multi-faceted approach to teaching theater to university and conservatory students.” — Jean-Claude van Itallie, Ph.D., Program in Theater and Dance, Princeton University

“My life has completely turned around. I have stopped smoking, drinking and arguing with my friends and employees.” — Steven Buckwald, President, Surroundings

“Thanks to Adnan for the experience of that radiant fullness of a heart full of love; the ecstasy and peace of being in the moment; and for burning the names of God into our hearts forever.” — Gwen Gosé, International Coordinator, S.F.A.

“Adnan is a man of simple needs and astounding abilities. Very rare to meet someone who has coupled these two streams.” — John Chiarkas, Ph.D., Director of City University of New York, CATCH Program

R.J. “Josh” Reynolds, III, Board of Directors, RJ Reynolds Tobacco Company, said that the Sufi work instills “greater freedom of action and a source of real meaning to existence.”

“The spiritual approach is here, but I never thought I’d lose so much weight.” — Bill Hug, Head of Dance Department, Florida University

“A profoundly beautiful method of quieting the mind while toning, firming and relaxing the body. After the workshop I felt very calm and full of vibrant energy.” — Janet Norquist, Cartographer, The New York Times, NY

“Suddenly, after your workshop, my body did not even feel like smoking. Aside from the unexpected benefit of discarding a dangerous habit. I continue to feel alive and energetic and more capable in my work.” — Ann Victoria Hopcroft, Attorney at Law

“I experienced totally unexpected and remarkable visual clarity under your direction.” — Edwin Lincoln Wildner, Jr., M.D.

“This work is always renewing; the dance makes you inseparable from the moving universe.” — Tamsin Murray, Audio Visual Director, S.F.A.

“There is a deep concentration present in Adnan which can manifest in almost superhuman efforts. This wave spreads so that one finds oneself pleasantly shocked at the new flexibilities and strengths of the body and mind. The best part is the fluidity, the control of the mind, body and more coming together in movement and dance.” — Caroline Lewis, Ph.D., Physicist, University of Texas, Austin, TX

“Adnan has shown me the true dance - the dance of the heart.” — Shelli Goldstein, Masters Candidate

“My body feels like a river flowing through dreams of music, beautiful, deep and profound.” — Mary Anne Bachia

“Adnan’s work integrates all the pieces, the body, the mind, sound, meditation, diet, exercise, ritual and movement with the utmost simplicity.” — Christina Casanova, Psychologist/Administrator, New York City Schools

“My heart knows that my work with you has been the most important thing that has happened to me in my life. Thank you for teaching me what is real in this world. I have tasted the true wine and felt the essence of life. The rose that you offer me is the sweetest joy of my life.” — Ambie Hay, Proprietor, Ambrosia’s Garden, Delray Beach, FL

Adnan, “the man/spirit who takes people from cocoon to butterfly RAPIDLY! I know I’ve hardly begun.” — Cynthia Minucci, Tiger Tamer, Tampa



“I love the dance, each delicious moment, leading to the next, each one different and new and then . . . Ecstasy !!!” — Marianne Damhuis, International Fashion Forecaster

“The men and women you worked with (here) have been in and out of correctional institutions. They felt an emotional connection with you. Very authentic. Very rare.” — Maximo Blake, Executive Director, Court Employment Project, New York

“I attended your brief workshop at Safety Harbor. I found that I could empty my mind of thought and feel a calmness with which I was hitherto unfamiliar. Although I have previously attempted meditation by ceaselessly repeating a mantra, such meditation has never before been of such depth and tranquility as I achieved at your workshop.” — Alvin S. Hyde, M.D., Ph.D., Hyde Associates, Inc. Key Biscayne, FL

“Thank you, Adnan, for guiding me to my Self by never trying to tell me who I am. You always, with kindness, returned me to myself. — Barbara Geary, Attorney at Law

World Wide Quotes:

“His special genius lies in his ability to translate his work into tasks and exercises that are palatable for westerners.” — Albuquerque Journal

“Adnan exercises, whirls, sings, chants, drums and dances. He does this for hours and everyone in the room tries to match his unbelievable stamina.” — The Toronto Globe

Adnan "can take the student to extraordinary perceptions in a brief time." — InnerSelf Magazine

Rod Gibson for the Echo Newspaper, Byron Bay, Australia, said Adnan is revealing “something indecipherable about humankind’s place in the universe, about the nature of being in the moment.”

“I can feel changes taking place deep within me...like a whole new view of the world, spirit and belief system is unfolding.” — Liz Parkinson, Merchant Ivory Films, London, U.K.

“Adnan makes music (with his drum) that is a call to wakefulness.” — Habibi Journal, *Adnan Sarhan, A Dancer’s Teacher, A Drummer’s Drummer, A Sufi* by Jenna Gracia Woods.

The “significance of what Adnan does is ecumenical, as his emphasis is on the spiritual brotherhood of all people. The experience of his work is as valid for Christians and Jews as it is for Moslems.” — James Parks Morton, Dean, Cathedral Church of St. John the Divine, NY

“Our plans for modernization of the New York City Subway System are almost complete. Much of my success in coordinating the project and leading a team of 36 architects is due to the teachings in your workshops.” — Claude Samton, Total Design Group, Architects

“(My) research in Cell Biology as well as my teaching to medical students is very important to me. As more and more tension and fear left me, my experiments improved and I began to lecture with more confidence. As a result I feel more in harmony at work both with my colleagues and students.” — Harriet Meiss, Ph.D., Associate Professor, Department of Cell Biology, NYU Medical Center

“You have taught me how to encourage the positive and discourage the negative.” — Don Blasius, Ph.D. Dept. of Mathematics, Yale University

Adnan’s “teachings have an exquisite quality of rhythmic balance that is connected with the cosmic rhythm.” — Maria Gracia, Editor, Estructura, a monthly architectural magazine, Madrid, Spain

“I’ve been sleeping so well that I need two clocks to wake up in the morning.” — Pamela McPartland, Director, International English Language Institute, Hunter College

There is “considerable psychotherapeutic value in the work with Adnan. An individual can achieve a heightened state of awareness of oneself with one’s environment. In this state the relative insignificance of one’s personal problems becomes apparent.” A “most therapeutic group encounter.” — Joseph Savage, M.D., psychiatrist, Veteran’s Administration Hospital, New York

“Each time I attend one of your workshops, I feel afterwards a surge of creative energy. My concentration grows enormously.” — Francisco Javier Sanchez Gonzalez, Head, Speech Processing Laboratory, Instituto de Electrónica de Comunicaciones, Madrid, Spain

“I live in a high stress life with continual travel and deadlines. I attended one day of Adnan’s workshop and my stress was gone, my energy had increased and my sleep was like a baby’s. I seemed to glide through my busy schedule. My intuition became razor sharp and these feelings lasted! — Gary Scott, President, Financial Newsletter Advisor and Educator, Gary Scott’s World Reports

“The matter is that I started to doubt if I ever meet a real Sufi master who will pay so much attention to music, poetry and dancing in life, in spiritual path as you, as Sufis of the past. Thank you very much.” — Yana Petrova, Radio Russia, Moscow

“The labor of intellectual production is not easy because it demands mental concentration. Only your work has given me that. One more time I want to thank you for the restitution of my physical health. And the anxiety and depression that used to concern me in my relation with my students and colleagues have disappeared. Today I have a trust in life and in the future.” — Luis Fernando Ocampo, Ph.D., Universidad Autonoma de Guerrero, México

“At the end of the first session of Adnan’s workshop in Paris, I found myself in an exalted state of high energy and fulfillment. This work was IT! The most perfected form of all body work I had come across in my years of search.” And later: “It seemed I was going to be fed exactly the food I expected. But soon, the long moments of rest, before, in the middle or at the end of the exercises, became more important — moments of meditation I had never known before; not that slow drowning into a pool of muddy waters, but a delicious stillness.” — Odile Atthalin, Psychologist/Bodyworker, Paris, France

“It’s time again...to feel the sea at the edge of the desert where the tides arise behind the time.... Straight to willness...and the music of ten thousand wings seems to break the air.” — Jesus Armando Haro, M.D., Sonora, Mexico



For audio tapes, videos, books & other information, call or write:

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**Sufi Foundation
of America**

The Sufi Experience

with
Adnan Sarhan

“Sufi means purity, the purification of the mind, of the psyche, of the emotions and of the body. When all are purified, you become a better human being, you enjoy the life better and everything comes into harmony.” — Adnan



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