



# Sufi Workshops

by International Sufi Master  
**Adnan Sarhan**

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

## *Houston Workshops*

**Nia Moves Studio** (Note: Events at Two Locations)

509 Pecore St, Houston TX 77009

3221 Houston Ave, Houston TX 77009

**Times:**

Fri. May 7, 7pm - 9:30pm at 508 Pecore St

Sat. May 8, 11:30am - 6pm at 508 Pecore St

Sun. May 9, 11:30am - 6pm at 508 Pecore St

Fri. May 14, 7pm - 9:30pm at 3221 Houston Ave

Sat. May 15, 11:30am - 6pm at 508 Pecore St

Sun. May 16, 11:30am - 6pm at 508 Pecore St

Cost: Friday evenings, \$10; \$100 for both Sat. & Sun. or \$60 for single day

*Wear comfortable clothing; bring a towel to exercise on and no reservations are necessary.*

For more info, call: **(832) 830-3991** or see [www.SufiFoundation.org](http://www.SufiFoundation.org)

**Adnan will do intricate rhythm that brings a new orientation to the mind and various centers in the body. Participant involvement will bring depth of consciousness and the spirit.**

*How to get into the moment of the time and to extract the healing from the moment through action.*

Adnan Sarhan, founder of the Sufi Foundation, is internationally known for his "Rapid Method." Adnan leads participants in a wide range of timeless techniques. Exercises, meditation, drumming, movement, chanting, dancing and whirling are used to develop the higher intelligence of the heart. Over the years, Adnan has conducted workshops at prestigious institutions around the world including St. James' Church in London; World Congress of Psychology in Switzerland; the Earth Summit in Brazil; Church of St. John the Divine, New York and many others.

#### WHAT OTHERS SAY ABOUT ADNAN'S WORKSHOPS:

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

"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

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

"Adnan reveals something indecipherable about humankind's place in the universe, about the nature of being in themoment." — Ron Gibson, Echo Newspaper, Byron Bay, Australia

"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