



Sufi Workshops

with **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

Adnan's Meditative Drumming & Healing Concert

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.

Drum Concert: Friday, January 29 at 7pm - 9:30pm, cost: £10, (Event location below)

Sufi Workshops:

Dates and Times:

Sat., January 30, 11am - 5:30pm

Sun., January 31, 11am - 5:30pm

Fri., February 5, 7 pm - 9:30 pm

Sat., February 6, 11am - 5:30pm

Sun., February 7, 11am - 5:30pm

Cost:

Friday Night £10,

Both Sat & Sun £90,

One day £50

All Events (Drum Concert and Workshops) Held At:

Richmond Adult Community College,

Room PK19 Main Building, Parkshot,

Richmond TW9 2RE www.RACC.ac.uk

Paid parking available behind college (access from A316)

Public Transport:

Buses: H22, H37, 65, R68, R70, 190, 290, 371, 419, 490

Mobility Buses: 938, 963, 964, 967

Tube/Train: Richmond

Wear comfortable clothing and bring a mat/blanket/towel to exercise on

Questions? Call: 07531 549 664 or see www.SufiFoundation.org or Facebook: London Sufi Workshops

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., Yale University

"Adnan reveals something indecipherable about humankind's place in the universe, about the nature of being in the moment." — 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