



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

New York City Christmas Workshop

Meditative Drum & Finger Cymbals Concert with MidEastern Dancers
Fri. Dec 22, 2017, 7 pm – 9 pm, cost: \$10

Workshops: Sat. Dec 23, 2017 thru Mon. Jan 1, 2018, 11:30am – 5:30pm

Location: **Feldenkrais Institute of NY**, The Chelsea Arts Building,
134 West 26th Street, Second Floor, New York, NY 10001 (between 6th & 7th Ave)

Cost: \$10 for Friday, \$350 for all workshop, \$60 for one day

*Reservations not required. Wear comfortable clothing.
Bring a yoga mat or blanket to exercise on.*

Questions? Call: 917-287-6138, see 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

"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, Madrid, Spain

"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