



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

NYC Weekend Workshops

Location: CAP21 Studios, 18 West 18th St, New York, NY 10011

Friday, May 19, 7:30pm - 9:30pm, Room 605

Saturday, May 20, 12pm - 3:30pm, Room 606 (after 3:30, move to Room 605)

Sunday, May 21, 11am - 5pm, Room 606

Friday, May 26, 7pm - 9pm, Room 603

Saturday, May 27, 11am - 5pm, SHOP

Sunday, May 28, 11am - 5pm, Room 605

Cost: Friday night: \$10, Saturday and Sunday: \$120.00, one day: \$70

Reservations not required. Wear comfortable clothing. Bring a yoga mat or blanket to exercise on. No mats available at location.

Questions? Call: 718-644-1083, see www.SufiFoundation.org

Adnan will do intricate rhythms and exercises that bring 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