

SUFI MEDITATIVE MOVEMENT WORKSHOPS

WITH TAMSIN MURRAY

Meditative movement, breath work, dance, veil dance, chanting and whirling to bring harmony and peace and connection with the higher self. The benefits are reducing stress, time and space to be relaxed and at peace, clarity and inspiration.



Manhattan NYC

Studios 353

Studio B

**353 West 48th St,
New York, NY 10036**

Dates

May 23 – 7 pm – 9 pm

May 24 – 11.30 am – 5.30 pm

May 25 – 11.30 am – 5.30 pm

Price

Friday Eve – \$20.

Each day – \$70.

Full Workshop – \$140.

PLEASE WEAR COMFORTABLE CLOTHING AND
BRING A MAT AND A LIGHT LUNCH FOR THE BREAK.

*"Dancing is the yearning of the
soul to freedom"* Adnan Sarhan.



Info

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