# 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.



## The Light Clinic

220 Conway Street Unit 1 Frankfort, KY 40601



May 30 - 7 pm - 9 pm May 31 - 11.00 am - 5.00 pm June 1 - 11.00 am - 5.00 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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