

# SUFI MEDITATION

A science of the soul. .  
Nurturing the breath,  
intelligence of the  
heart. Deep  
relaxation,  
inner change.  
Yearning  
of the  
soul in  
action.

**STUDIOS 353**  
353 WEST 48TH ST,  
NY, NY 10036

## WEEKEND WORKSHOPS

**JAN 31, - STUDIO B**  
**FEB 1 & 2 - STUDIO 1**

**FEB 7, 8 & 9 - ALL STUDIO B**

**FEB 21, 22 & 23 - ALL STUDIO B**

**FRI - 7 PM - 9 PM**

**SAT - 11 30 - 5.30 PM**

**SUN - 11.30 - 5.30 PM**

**EXCEPT SUN FEB 23 - 12.PM - 6 PM**

## PRICES

**FRI EVE -\$20**

**SAT & SUN**

**\$70 EACH DAY**

**FULL WORKSHOP - \$140**

Tamsin Murray - a student of Sufi Master Adnan Sarhan since 1988, began teaching in 1994. She has taught since, in Australia, Europe and the US. Widely known for veil dance meditation. Author of "Inside The Time" about the Sufi path with Adnan Sarhan.

Everyone is welcome. Bring a mat and a blanket to sit on.  
Bring a light lunch for the break.

Info - Tamsin at yanahari@gmail.com or 9172876138

