

# Lama Foundation Sufi Sesshin

with Pír Shabda Kahn, Murshida Darvesha MacDonald and Sheikh Gayan Long

Wed, August 17- Sunday, August 21, 2016

## Five Days of Zikr, Dances of Universal Peace, and Meditation

Join us for five days of Silent Meditation alternating with Zikr and Dances of Universal Peace, integrating active practice with meditation, a deep and joyful experience.

“The Dances of Universal Peace and Zikr are an excellent way to prepare for meditation and meditation is an excellent way to prepare for the Dances of Universal Peace and Zikr.”

— Murshid Samuel Lewis

This potent practice combines the power and resonance of the Zikr Circle /Dance Circle with the profound calm and abiding insight of the meditative state. It is our goal that this integrative approach will move us toward a grounded balance of Serenity, Insight and Awareness. The teachings and transmission of Hazrat Inayat Khan and Murshid Samuel Lewis will be woven into the context of the retreat.

Our retreat site is LAMA FOUNDATION. This beautiful property and community is also the site of the Dargah (gravesite) of our teacher Murshid Samuel Lewis-Sufi Ahmed Murad Chisti. The Dargah construction should be nearly complete. Naturally we will integrate visits to the Dargah into the program.

Cost for retreat, tenting, and meals is \$425 per person. Indoor housing costs, dorm bed \$15 per night and private room \$50 per night. Sufi Sesshin fees provide only minimal support for the teachers — there will be an opportunity to give “Dana” (further financial generosity) at the retreat.

To register, please visit [www.lamafoundation.org](http://www.lamafoundation.org) or contact the registrar at [registrar@lamafoundation.org](mailto:registrar@lamafoundation.org), 575-586-1269. All registrations must be accompanied by a 50% deposit, payable to Lama Foundation. VISA and MC are accepted. After August 1, 2015, please add \$50.

Reserve your space as early as possible, save money, and avoid disappointment!