



The Mir Sufi Centre
sufi meditation - sufi-chi yoga - sufi reiki

Llwynhaf, Llanddarog Road, Carmarthen,
SA32 8AR
www.mirsufi.org | contact@mirsufi.org
Tel (01267) 275910

Please use BLOCK CAPITALS and write very clearly when completing the form. Thank you.

COURSE DETAILS

Course Name:

Sufi Retrieval and Retreat for Beginners

COURSE PAYMENT

Course fee non-residential incl.luch & dinner

£ 50

Course fee (includes accommodation and lunch):

£ 99

Donation:

£

== Total Amount

£

Please make cheques payable to **The Mir Sufi Centre**.

YOUR CONTACT DETAILS

Name:

Email Address (please write carefully)

Address including post code

Telephone Number(s)

Signed

Date

Please return completed form and payment to:

Mir Sufi Centre, Llwynhaf, Llanddarog Road, Carmarthen, SA32 8AR

Sufi Retrieval and Retreat for Beginners



At the Mir Sufi Centre, near Carmarthen, Wales

Please visit www.mirsufi.org. or contact us

contact@mirsufi.org

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Introduction

This two-day course offers an introduction to those who have little or no knowledge of Sufi practices and who are interested in Sufi Retrieval. Sufi Retrieval is a holistic for self cleansing and self discovery. It has a discipline including, involving various methods of meditation and self reflection as well as working within the natural environment.

Meditation

You will be gently introduced to three types of Sufi meditation: silent meditation; Sama; and Zhikr. Sama is meditation listening to Sufi music. Zhikr is a form of chanting meditation. Also there would be references to the whirling.

Working in Nature

Part of each day, approximately 2 hours, is spent outdoors working within nature. The type of work depends on the time of year and weather conditions. The work is recommended and allocated by the teacher according to your individual capacity and is set to assist you to release physical and emotional tension. It is a meditation in itself and provides a focus for your inner reflection. Working within nature, with the assistance and guidance of the teacher, prepares your body, heart and mind, making you more receptive to the other forms of Sufi meditation.

Taster Sessions

Incorporated into the two days are taster sessions of Sufi Saints Healing, Sufi Chi Yoga. These are gentle but powerful practices which assist the cleansing process within the spiritual, physical, emotional and psychological anatomy.

Course Structure

The course is held within the Mir Sufi Centre, near Carmarthen. It runs from 8 pm Friday, until 4pm on Sunday. Food is provided, but is communally prepared and shared as part of Sufi Retrieval practice. You are also welcome to bring food to share.

Accommodation

The course is residential. The accommodation is shared depending upon number of people attending.

Course Dates and Fees

Dates: Runs regularly through out year. Please check the web site, or contact the centre

Course Fees: £99, inclusive of communally prepared food and communal accommodation, for both days. To book your place on the course, please complete the application form.

The teacher and all those assisting on these courses work on a voluntary basis and receive no payment for their time. All fees go to the Centre to cover costs and course fees are kept to a minimum.

About the Mir Sufi Centre

The Mir Sufi Centre has been established and working within the worldwide community for many years, and become a charity in 2004.

We offer regular courses in Sufi Meditation, Sufi Saints Healing, Sufi-Chi Yoga, Sufi Retrieval and Retreat practices.

Sufi Saints Healing (Sufi Reiki) treatments are widely available and distance healing is also readily available on request.

We have teachers, practitioners and members throughout the UK and 56 countries worldwide.

The Centre is based in a rural area near Carmarthen and comprises a development within 33 1/2 acres of woodland and farmland, including a large orchard.