

# Join Pir Shabda Kahn

## & Denise Kaufman

### Bali ~ January 25 to January 31, 2009

7 days of Dances of Universal Peace, Yin Yoga, Zikr, Meditation,  
and sufi Mysticism along with exploring the culture, artistry,  
natural beauty and Sacred Sites of Bali



Denise Kaufman



Pir Shabda Kahn

We will stay in a wonderful guesthouse in Ubud, the emerald jewel of Balinese art and craft.  
The people of this tropical paradise have an embodied spirituality that  
is beauty manifested in every sense.

\$850 for 7 nights hotel ~ double occupancy, Single supplement add \$150

- ☺ most meals included
- ☺ all transportation in Bali
- ☺ full complement of practices & all Balinese music programs
- ☺ After January 1, add \$75

Does not include airfare

Optional 6 day Bali journey round the island will follow Feb 2-7

- ☺ \$500 ~ double occupancy, Single supplement add \$80

Solomon is our Bali tour guide for entire event

Contact e-mail [Journeys33@yahoo.com](mailto:Journeys33@yahoo.com)

Space will be limited to 33

\$200 non-refundable deposit send to: Heart of the Jungle

PO Box 1567 Makawao, HI 96768

Call 808-572-5083 after Oct 2

Painting by Eric Snyder

#### ABOUT PIR SHABDA:

Pir Shabda Kahn has been a disciple of Sufism since 1969. He is a direct disciple of Murshid Samuel Lewis (Sufi Ahmed Murad Chisti) and worked closely with the great American Mystic Joe Miller. Since 1972 he has been developing as a vocalist under the living guidance of the late Pandit Pran Nath, the Master North Indian Classical Vocalist, who planted the 800 year old oral transmission of Chisti Sufi Vocal Music in the Western world. Shabda is currently the Pir (Spiritual Director) of the Sufi Ruhaniat International and the Director of the Chisti Sabri School of Music. He is also a disciple of the illustrious Tibetan Buddhist Master, the 12th Tai Situpa Rinpoche.

Shabda travels throughout the world spreading the Sufi Message of Love, Harmony and Beauty. He brings warmth, humor and clarity in his efforts to help seekers on their Path to Awakening.

#### ABOUT DENISE:

Denise Kaufman brings the gift of movement through Yin Yoga, which draws from the historical roots of yoga – a practice intended to be slow, deep and contemplative. She writes, "In our Yin practice we focus on regaining lost flexibility in the hips and spine. This practice can stimulate core connective tissue, increasing fluidity, calming the mind and encouraging a sense of joy and well being. No prior yoga experience is needed. All breathings are welcome."

Denise Kaufman, BA, RYT 500, has been exploring yoga, movement, energy flow and community/connectedness for over 40 years. In the 1990's she worked closely with Paul Grilley as Yin Yoga evolved, and has studied and taught in this lineage for 17 years. Denise's teaching guides students to deeper openness, a greater flow of energy, and acceptance and appreciation for the gift of their bodies. Among her private clients have been Sting, Madonna, Quincy Jones, Jane Fonda and Kareem Abdul Jabbar. Denise is also an accomplished musician, in the late 1960's, she played guitar and sang in the first all-female band, the Ace of Cups. She lives in Los Angeles and on the island of Kauai.

#### YOUR TOUR GUIDE - Solomon

Solomon has been importing goods from Bali for close to 20 years. His business, Heart of the Jungle, provides him an opportunity to live 2 months of every year in Ubud, Bali. He has been intimately involved with Balinese culture and lifestyle and developed a deep admiration for the Balinese people. It has long been Solomon's dream and vision to bring folks to Bali to experience, firsthand, the "old ways" of Balinese culture. It is his hope that you will connect with the hearts of the Balinese people for your own personal experience. The groups he leads are personal journeys not packaged tours. His personal tour company is called Journey of the Heart.

