

Lama Foundation Sufi Sesshin

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

Wed, June 29 - Sunday, July 3, 2022

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, adjacent to the Carson National Forest about 30 miles south of Colorado near the town of Taos, New Mexico, is also the site of the inspiring Dargah (gravesite) of our teacher Murshid Samuel Lewis-Sufi Ahmed Murad Chisti. Much of our program will be on the Dargah site.

Cost for retreat, tenting, and meals is \$450 per person or \$400 for off-site participation. In addition, indoor housing costs are on a sliding scale, dorm bed \$15-40 per night and private room \$50-85 per night. Offsite lodging suggestions include the Sagebrush Inn, The Historic Taos Inn, Hotel Don Fernando, Hotel la Fonda.

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 visit <https://lamafoundation.salsalabs.org/sufisesshin> or contact the registrar at registrar@lamafoundation.org, 575-586-1269. All registrations must be accompanied by a 50% deposit, payable to Lama Foundation. VISA and MC are accepted. There will be an opportunity for retreatants to offer Karma Yoga support to Lama Foundation

Reserve your space as early as possible and avoid disappointment!

