

SUFI MEDITATIVE MOVEMENT WORKSHOPS

WITH TAMSIN MURRAY

Meditative movement, breath work, dance, veil dance, chanting and whirling to bring harmony and peace and connection with the higher self. The benefits are reducing stress, time and space to be relaxed and at peace, clarity and inspiration.



Frankfort KY

The Light Clinic

220 Conway Street
Unit 1
Frankfort, KY 40601

Dates

May 30 – 7 pm – 9 pm
May 31 – 11.00 am – 5.00 pm
June 1 – 11.00 am – 5.00 pm

Price

Friday Eve – \$20.
Each day – \$70.
Full Workshop – \$140.

PLEASE WEAR COMFORTABLE CLOTHING AND
BRING A MAT AND A LIGHT LUNCH FOR THE BREAK.

"Dancing is the yearning of the soul to freedom" Adnan Sarhan.



Info

Contact Tamsin
yanahari@gmail.com
WhatsApp – +19172876138

www.sufifoundation.org

