

Sufi Ruhaniat International

Nineteenth Annual
Northern California

Sufi Sesshin

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

Sunday, March 3 - Friday, March 8, 2024

Zikr, Dances of Universal Peace, Meditation and Teachings

Join us for 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 wisdom 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 The Bishops Ranch <https://www.bishopsranch.org>, a beautiful property in Healdsburg. It has a spacious Dance/Meditation Hall, delicious meals and comfortable lodging in single or double rooms. We only have 50 beds available so early registration is advised. We can easily accommodate off-site registrants, commuter or camper-van registrants.

Cost for retreat, lodging, and meals is \$895 double occupancy or \$1195 for a private room. \$625 for full time commuters, RV and camper-vans (requires reservation).

\$150 per day for part-time registrants includes meals but will need off-site lodging. Drop in or partial day attendance also requires pre-registration.

\$200 deposit secures your registration although full payment with registration is preferred. Residential, in-person retreats require meal and room preparations.

Please assist us by registering early. Complete payment due by Jan 26th.

Registration closes February 9, 2024.

Register HERE: <https://form.jotform.com/SufiRuh/Sesshin2024>

Registrar: Waduda Welsh 303-718-9712 or email waduda@ruhaniat.org

Scholarships for youth available at <https://nextgensufis.org/scholarships>

Contact registrar for other financial assistance.

There will be an opportunity to give “dana” - further financial generosity, at the retreat. Sufi Sesshin fees provide only minimal support for the teachers.