



Mastery of Everyday Life

*Sufi Workshop on Breath,
Magnetism, Heart and Healing*

with Murshid Saul Barodofsky

assisted by Saadi Neil Douglas-Klotz

**September 20-21: Kirkcaldy, Scotland
(near Edinburgh)**

This two-day workshop will include **chant, meditation, breath practice, walking meditation, movement** and other active tools to help one build magnetism and meet the challenges of everyday life. These tools allow one to become a channel for healing for oneself and others. Practices will be drawn from many world traditions, as it is the Sufi way to see unity in all spiritual paths.

Murshid Saul will also share what the Sufis call **baraka** or heart-blessing through his telling of stories about his travels worldwide and his time with various spiritual teachers and healers. Saul is the spiritual director of the **Dervish Healing Order** and an original student of Murshid Samuel Lewis (1896-1971), the founder of the **Dances of Universal Peace**. Saadi Neil (author of *The Sufi Book of Life*) will assist him by sharing some of these circle dances, which raise life energy for self-healing. This is the **first UK workshop** led by Murshid Saul, who is from the USA.

See reverse for details and registration.



This two-day, non-residential workshop is **open to all** and sponsored by the Edinburgh Institute for Advanced Learning (www.eial.org) and the East Scotland Ruhaniat Sufi Community with support from the Edinburgh International Centre for Spirituality and Peace (www.eicsp.org)

Venue: The Old Kirk, Kirkcaldy, Fife. Kirkcaldy is just north of Edinburgh, easily accessible by bus or rail. The Old Kirk is situated within easy walking distance from the bus or rail stations. We can recommend local B&Bs close to the venue. Access is from Kirk Wynd (KY1 1EH) or Church Lane (KY1 1BG). Please check the venue website for details of disabled access and parking: www.kirkcaldyoldkirktrust.org.uk

Time: 10am-5pm, Saturday and Sunday.

Please register in advance with Nataliya or Neil (info@eial.org). A deposit of £50 will secure your place. Contact us for bank details and payment arrangements.

Suggested donation for the weekend is £140/101 concessions, but no one will be turned away for the lack of funds.

For more information contact:

Nataliya or Neil:
info@eial.org
Tel. 0131-208-1331 (message)