



SUFI MEDITATION RETREAT



March 5, 6 & 7, 2010
(Friday 9 AM to Sunday 5 PM)

Sunrise Ranch, Loveland Colorado



Deepening into the Sufi heart of prayer. Primarily silent retreat. Chanting the beautiful names of God, contemplative meditation, interwoven with yoga/movement sessions. Evening Zikr, singing and dancing prayer. Delicious, healthy meals in a gorgeous retreat setting.

Cost for accommodations and meals \$140 to \$210.

Facilitators compensated by donation. Your generosity is appreciated.



Meditation, Prayer, Zikr, & Spiritual Mentoring with Sára Rain.
Movement and Yoga with Susan Seneshen.

Contact Sára for more information.

Phone: (970)227-5275 E-mail: rain@trigoddess.org

REGISTRATION

Registrant Name: _____ E-mail: _____

Phone _____ Roommate Request: _____

Room Required: Single \$210 Double \$170 Triple \$150 Dorm \$140

Additional donation for facilitators \$ _____ Chair Massage (optional) \$15

Diet Required: Vegan Vegetarian Omnivore Other _____

REGISTRATION AND 50% PAYMENT DUE BY FEBRUARY 25th.
TOTAL DUE MARCH 5th.

Check payable to Sára Rain 2727 Alan St. Ft Collins, CO 80524



Please answer these questions to help us better meet your needs.

Do you have any specific interests or intentions for your retreat?

Do you have any physical needs, injuries or sensitivities?

What is your previous yoga experience?

What is your previous Sufi experience?

Are you interested in a Spiritual Mentoring session this weekend (included, limited sessions available)?

We look forward to sharing a weekend of prayer with you!