



# *Sufi Meditation Retreat*

Friday February 24 (9 AM)

to

Sunday February 26 (5 PM)

**Sunrise Ranch**

**Loveland, CO**

[www.sunrise-ranch.org](http://www.sunrise-ranch.org)

Deepening into the Sufi heart of prayer. Primarily silent retreat.

Chanting the beautiful names of God, contemplative meditation, evening

Zikrs and Spiritual Mentoring with Sára Rain.

Yoga and movement with Mark Williams interwoven throughout retreat.

Delicious, healthy meals in a gorgeous retreat setting.

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

Facilitators compensated by donation. Your generosity is appreciated

Contact Sára for more information.: (970)227-5275 or [rain@trigoddess.org](mailto:rain@trigoddess.org)

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REGISTRATION - 50% PAYMENT DUE FEBRUARY 2

Registrant Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone \_\_\_\_\_ Roommate Request: \_\_\_\_\_

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

Diet Required: Vegan Vegetarian Omnivore Other \_\_\_\_\_

Chair Massage? \$15 Additional donation for facilitators \$ \_\_\_\_\_

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!***