



Sufi Workshop of 4 days with Adnan Sarhan, sufi master on Corfu

From 18. Mai 2019, 19:00 until 21. Mai 2019 17:00 pm

Location in Greece:

Nikos Apartments

Arillas, 49081 Corfu, Kerkira

www.nikos-arillas.com

Phone for Nikos Apartments: +302663051808

Details

Adnan Sarhan, founder of the Sufi Foundation of America, is internationally known for his “Rapid Method.” Adnan leads participants in a wide range of timeless techniques. Exercises, meditation, drumming, movement, chanting, dancing and whirling are used to develop the higher intelligence of the heart. Over the years, Adnan has conducted workshops at prestigious institutions around the world including St. James’ Church in London; World Congress of Psychology in Switzerland; the Earth Summit in Brazil; Church of St. John the Divine, New York and many others.

This is a rare opportunity to have a 4 day workshop with this very experienced Sufi Master to relax into the timeless space of the heart where natural joy, peace and creativity unfolds without effort.

Dates and Times:

Saturday, May 18, 2019 from 7 pm to 9 pm (Cost: 35 Euros – day 1)

Sunday, May 19, 2019 from 11.30 am to 5 pm (Cost: 50 Euros – day 2)

Monday, May 20, 2019 from 11.30 am to 5 pm (Cost: 50 Euros – day 3)

Tuesday, May 21. 2019 from 11.30 am to 5 pm (Cost: 50 Euros – day 4)

Cost for all 4 days: 185 € (please register soon, for place is limited, thanks) If you are not sleeping at Nikos Apartments an extra fee of

35 € is asked for these 4 days to give to them for using the place which is 10 € per day and 5 € for the first day: 18.05.19)

Please register for the Sufi workshop and/or the Yoga courses with sylviasaida@web.de. The Sufi

Workshop needs to be paid by bank transfer to the Sufi Foundation of America. Please bring with your receipt of your payment on your first workshop day, thank you. After registration, you will receive the bank details. Also individual days need to be paid like this! The fee of the yoga courses goes to another account.

Wear comfortable clothing and bring a blanket or yoga mat to exercise on.

There are some yoga mats, You can also bring your own.

Side program led by Saida, professional Yoga & Qi Gong teacher:

- 18th of May: Hormone Yoga from 3 pm – 4 pm only for women over 37 (starting a course of 8 days for 120 €, less days are also possible if the course is started at the beginning)
- 18th of May: Hatha Yoga from 4 pm – 5.30 pm for men & women (starting a course of 8 days for 180 €, less days are also possible)

From the 19th of May on, for 7 more days: Hormone Yoga from 8 am – 9 am

& Hatha Yoga from 9 am – 10.30 am (single Yoga class 18 € a day) Please contact person is Saida Arnolds from Germany at sylviasaida@web.de or to this website: www.LifeArtPractice.de

Accommodations:

All accommodation options come with half board (with late breakfast/brunch at 10.30 am and an early dinner freshly cooked)

Starting from 45 € a day in a shared double room or 55 € in a room just for oneself in a double apartment with two rooms and a shared bathroom. You can also book a Maisonette, which is like a little house, just for yourself: 65 € per day or also share it with two or up to four people, then each person only pays 45 € a day including half board. The food is fantastic, very fresh and healthy!!! It comes directly from their organic garden!

For accommodations at Nikos Apartments, where the Sufi Workshop by Adnan Sarhan will be held and also the Yoga courses, which is a very beautiful place, with a large swimming pool and roses everywhere, please book at info@nikos-arillas.com or nikos-arillas@gmx.com

Your contact person for anything concerning Corfu, Greece and Nikos Apartments is Katerina Kourkoulou from Nikos Apartments. Her phone number is +30 6980628126 She can also help you with questions about transportation from the airport to Nikos Apartments and back.

Option: prolong your stay on Corfu until the 2nd of June 2019 at Nikos Apartments and join the Yoga & Qi Gong holidays “Light of Corfu spring Event 2019, if you like. For more information please click on the link below:

http://www.lifeartpractice.de/mediapool/7/72913/data/25.05.-_02.06.2019_Light_of_Corfu_Spring_Event_on_Corfu_with_Sylvia-Saida_Arnolds.pdf

It is necessary to register for the Sufi Workshop and for the Yoga courses because places are limited. The places will be given out one after the other with each registration that comes in until we are full. People who are booking all the 4 days with Adnan Sarhan will have an advantage. Single days can be booked according to availability of space in the workshop.

For more information about Adnan Sarhan:and his work please go to: www.Sufifoundation.org