

CREATING UNITY - IN OURSELVES AND IN OUR WORLD

A Meditation Retreat 1-4 May 2026



Guided by Sarida Brown and Karim Hadden in Kinnersley Castle, Herefordshire

'To attain peace, what one has to do is to seek that rhythm which is in the depth of our being.' ~ Hazrat Inayat Khan

How can we integrate our inner spiritual journey while living with the challenges of our outer world? In this retreat we will focus on our vision for healing ourselves and healing our world, for finding out how to make unity, harmony and peace a living reality.

In the mystic 'anatomy' peace lives in the depth of the heart. We will share the journey of unveiling the power of the heart and its role in a way which is also unique for each of us. We will especially invoke the heart's creative capacity. The Sufi tradition is called 'the path of the heart' and we will call on the power and wisdom of this dimension of spiritual life, joining together to incarnate our soul's vision of unity and peace.

A retreat is special time for freeing ourselves of daily pressures and habits. Using breath, awareness, sound, simple sitting, chanting and movement, we come into resonance with our natural rhythm, moving into meditation and opening of awareness - also practising and walking in the castle grounds. In the evenings we will share Dances of Universal Peace with Karim, and the zikr ritual. Kinnersley Castle is a unique setting and offers a restful and delightful atmosphere to enhance our retreat.

Sarida has been a student of meditation and guiding retreats and courses in the Sufi Order / Inayatiyya since 1979, and brought Sufi healing to Europe. She founded and for 20 years edited *Caduceus Journal*, integrating traditional and scientific medicines and existential issues. She has worked in psychotherapy, and focused on honouring the union of feminine and masculine with Marion Woodman.

Karim is a highly experienced leader of Devotional Singing and Dances of Universal Peace. He has followed the path of Universal Sufism in the Sufi Ruhaniyat for many years, and also works as a Craniosacral therapist.

Practicalities:

The retreat starts with supper on Friday 1st May and ends after lunch on Monday 4th May.

Food: delicious vegetarian. Special diet + £3 per day

Fee for accommodation 3 nights and all meals:

single room – £465.00;

shared room – £394.00;

bell tent – 378.00;

own tent – £351.00

Day attendance only: Meals must be booked when booking for the retreat:

Breakfast, lunch, supper, drinks and work space: £99.00 per day.

Without breakfast: £87.00 per day.

We keep fees very basic in relation to our costs. Please request reductions if needed. If you feel able to make a further donation especially to help fund those who aren't able to pay a full fee, it would be much appreciated.

Kinnersley Castle is a grand and unusual house with a very long history, standing in 8 acres. Read more at www.kinnersleycastle.co.uk

Travel: Kinnersley HR3 6QF is about 14 miles from Hereford. With 7 days advance notice, travellers can be met at Hereford train station.

To Book: email Helena: dokutwi@gmail.com

To request further information contact:

Helena: dokutwi@gmail.com or Sarida: sufi@caduceus.info

Previous experience in the Sufi tradition is not required: please come with your desire to release old patterns that are holding you back, and to uncover your true being in love, harmony and beauty.

'As love is the source of creation and the real sustenance of all beings, so, if a person knows how to give it to the world around them as sympathy, as kindness, as service, they supply to all the food for which every soul hungers.' ~ Hazrat Inayat Khan