

A SUFI GARDEN



Wed May 6th 7.30 – 9.00 pm

**A life-affirming online evening of chants,
body prayer and meditation**

With Karim Hadden and Alan Heeks

Our theme is THE UPSIDES OF UPHEAVAL:

In these turbulent times a helpful approach can be to explore the gifts and divine intent behind the human challenges and this will be our focus for this evening. We will journey into surrender, deepening our faith and aligning with divine purpose through our usual mix of chant, dance and embodied spiritual practice.

Karim Hadden is a highly experienced leader of devotional singing and Dances of Universal Peace. He has followed the path of Universal Sufism for many years and also works as a Craniosacral therapist.

Alan Heeks has been exploring how people can grow with Nature for many years, with many groups at Hazel Hill Wood, the retreat centre he founded. His spiritual path weaves elements from the Sufi, Christian, Celtic and other traditions.

**The group is run on Zoom. To register contact
Karim by email: mikejhadden@gmail.com or phone 01981 500764**