

Keeping an

OPEN HEART

In Challenging Times

KIRKRIDGE ~ Bangor, PA

October 24-27, 2024

**Dances of Universal Peace,
Sufi Practice and Community**

With
Abraham, Halima, and Yasmin

•Can we live our deepest ideals from the inside out?

•Can we grow a compassion that lifts us "above the distinctions and differences?"

•Will we pledge to respond to difficulty with an open heart, reaching out to others to form a circle of support?

KIRKRIDGE

<https://kirkridge.org> is a jewel in the

Pocono Mountains of Pennsylvania.

Comfortable 2 and 3 person rooms (no bunks/real mattresses), 9 healthy meals, and an extraordinary setting will hold and inspire us. Among the autumn colors and cooling air of October let's explore the questions above. We use chants, movement, Sufi Practice, and the enlivening that arises from souls gathering in Nature.



Check out our website at – www.peace-bridges.org



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Murshids Abraham and Halima are senior teachers. They share the Dances and Sufi practices around the world. Yasmin is a Sheikha with the Ruhaniat and a founding member of Peace Bridges Sufi Community.

Housing

We have 2 lodges for the retreat: **Turning Point** and **Nelson Lodge**. **Turning Point** is where we will dance and eat. At **Nelson**, we will have some practices and afternoon sessions. The lodges are a 3-minute drive from each other.

Food

We will have a light dinner Thursday evening at 6pm and delicious vegetarian meals thru Sunday lunch.

Cost

\$400 registration by 9/2/24 ~ \$425 after.

Registration

To register and pay online go to:

<https://bit.ly/3L31tTc>

If you need to register through snail-mail, print the online registration form and send with your deposit to Rahmana Bonnie Hockaday at 407 Taney Drive, Taneytown, MD 21787

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