

*The BEST form for worshipping God / Goddess / Source is EVERY form.  
The Divine accepts ALL currencies of devotion, even counterfeit coin.  
So, even if you've broken your vows a 1000 times ... Come, Come Again!  
Ours is not a caravan of despair but one of Lovers and those who would learn to become Lovers.  
The Divine is not our jailer, but our Friend and our Beloved.*



# *Cultivating a Peaceful, Grateful Heart*

*a Non-Residential Weekend Retreat combining*

**Sufi PRACTICE, DANCES OF UNIVERSAL PEACE, ZIKR**  
and a variety of other Heart-centered, Mindful Explorations  
of Breath and Body, Sound and Silence, Movement and Stillness

focused by **MUIZ BRINKERHOFF**  
*with musical support and some leadership assistance by Jilani and Salik*

**11 & 12 MAY 2024**

**SATURDAY AND SUNDAY**

*Hebden Bridge, in the beautiful Pennines, West Yorkshire*

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**ALL are welcome** even those who are new to Sufi practice and the Dances of Universal Peace.

**You may join us for all, or part of the weekend:**

*Saturday*                      *10 am – 5 pm*

*Sunday*                         *10 am – 4 pm*

**Nearby B&B and Hostel accommodation may be available. Book early.**

**£20 Early Bird Discount for Bookings before April 1, 2024**

**£150 / £130 / £110**

*(please bring food to share for 2 lunches)*

*We've set the pricing low, to help include those whose resources are limited. Please be generous.  
If you can only attend for part of the weekend, or if you are in financial hardship, Please contact us.  
Money should not be an obstacle.*

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**To book a place, or for more information, please contact Jilani Cordelia Prescott**  
**01422 886410                      [jilanicordelia@gmail.com](mailto:jilanicordelia@gmail.com)**