

AN INNER AND OUTER JOURNEY  
of DISCOVERY, DEEPENING, AND RECONNECTION

# Caravan of the Heart

12-days of EMBODIED SPIRITUAL PRACTICE  
COMBINED WITH VARIOUS MOROCCAN CULTURAL EXPERIENCES

Led by

JILANI PRESCOTT & MUIZ BRINKERHOFF

TUES DEC 6 – SAT DEC 17, 2016

LA MAISON ANGLAISE GUEST HOUSE, TAROUDANT, MOROCCO

£ 895 (approx. €1,240 or \$1,372 US)

The fee includes retreat tuition, transportation within Morocco, 11 nights shared accommodations in twin/double rooms, vegetarian meals (1 lunch not included), 4 cultural experiences, 3 short excursions, & a 4-day, 3-night journey into the high desert. Supplement for meat/fish option for the evening meal: 20Dh per meal, payable on site (approx. £1.40, €1.75, \$2). Supplement for a single room: £390. Protection against cancellation should be made by suitable travel insurance. **Refunds** (unless you find a replacement): After 6 Sept 2016: Deposit is non-refundable. Between 7 Sept & 6 Oct: 80% is non-refundable. After 6 Oct: 100% is non-refundable.

**Retreat Info:** Using the *Dances of Universal Peace (DUP)*, *Wazifa (Mantra)*, *Zikr*, *Practices with Breath, Light, & Presence*, *Walking & Seated Meditations*, *Sohbet (Heartful Conversation)*, and *Working to stay Present*, particularly outside of formal "practice sessions" we'll co-create a container in which we can open and deepen into ourselves and with each other, expand our spheres of Heart, and let more of the Inner Light shine through us. Each day we'll have *before-breakfast* and *after-dinner* Practice Sessions. In addition, there will also be either *mid-morning* or *afternoon* Practice Sessions, depending on the schedule for cultural experiences and excursions. For more information about Jilani or Muiz, the retreat program, or their work you can email them at [jilanicordelia@gmail.com](mailto:jilanicordelia@gmail.com), and [muiz@sonic.net](mailto:muiz@sonic.net).

**Booking Info:** Please contact Jane Bayley to secure your place, and if you'd like to know more about Morocco. Email is always the best method of contact: [jane@holidays-with-heart.co.uk](mailto:jane@holidays-with-heart.co.uk) or **UK Telephone: 07787 148142** (from outside the UK +44 7787 148142) Retreat spaces often go quickly and flight prices are much lower if booked well in advance. **We'll confirm when flights may be booked.** If you have a GBP bank account please send 3 cheques payable to Jane Bayley, along with your phone number & email address, dated as follows for: £150 (booking date); £375 (27 Sept 2016); and £370 (25 Oct 2016). Otherwise please contact Jane for payment methods. **Jane Bayley, Estuary View House, Cwmins, St Dogmaels, Wales, SA43 3HF, United Kingdom.**

**Venue Info:** We'll be staying in the ancient, walled market town of *Taroudant* at *La Maison Anglaise*, a traditional, comfortable, sustainably-run, award-winning Moroccan guest house, which offers an exceptional menu of locally sourced healthy food, and accommodation for a wide variety of dietary and other personal needs. The welcoming & supportive hospitality is

maintained by a staff of 8 charming, English-speaking Moroccan women & men who are experienced in running successful group retreats for westerners.

Feel safe thanks to the care of the staff, good medical facilities (no compulsory vaccinations), safe water, & western-style toilets, as well as the town being small relaxed & friendly with few tourists. Good WiFi and mobile network. Short, inexpensive flight when booked early; 50 minute airport transfer with our own safe drivers. **More information** at: [www.holidays-with-heart.co.uk](http://www.holidays-with-heart.co.uk).

*Taroudant* is little visited by tourists and has shopper-friendly souks to which you can be introduced by one of our staff. Enjoying the best winter climate in Morocco due to its southerly setting in the fertile Souss Valley, the source of an abundance of fruit and vegetables, it lies between contrasting mountain landscapes: the majestic High Atlas and the extraordinary Anti-Atlas (bordering the Sahara), and is only an hour's drive from the sandy, rocky and marshy habitats of the Atlantic coast.

## The Leaders:

**Jilani Cordelia** was initiated in the Sufi Ruhaniat in 2006, certified as a Dance Leader in 2008, and is a Dance Leadership Mentor, working with mentees in the UK, Ireland, France, & Spain. In addition to leading DUP at camps and retreats in the UK, she has also taught at the annual summer DUP camp in France (Camp d'Été) for past 5 years. She leads a weekly Dance circle at the Heart Centre, and a monthly circle in Hebden Bridge. This is the 3<sup>rd</sup> retreat she has led at La Maison Anglaise in Morocco.



Morocco retreat as a participant.

**Muiz**, from northern California, near San Francisco, USA, was initiated into the Sufi Ruhaniat in 1975, certified as a Dance Leader in '79, and raised to the post of teacher in '96. He has mentored other Dance leaders since 1987, and works formally with his own Sufi students, and informally with others who feel drawn to his particular approach to Waking Up. He has taught annually in the UK since 2003, and regularly teaches with Jilani Cordelia. He attended the 2015



High Atlas Mtns, La MA Roof, Mar 2015



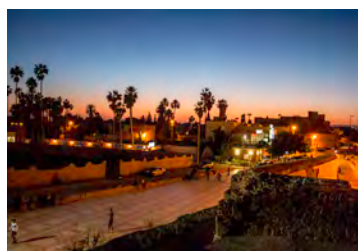
Shopping in the Souk, Mar 2015



Dromedary Caravan, near Tata, Mar 2015



Desert Camp Breakfast, Mar 2015



Taroudant at Dusk, Mar 2015