



God-Goddess-Source is our Lover, not our jailer.
Body TRULY IS the Temple, Heart IS the Altar, Mind IS the Light of Awareness, and
Self IS the Lens focusing Unlimited Love into Limited Form.



Tuning the Heart, Becoming Clear

A Weekend Retreat of Embodied & Heart-Tuning Sufi Practice
Marist Sisters Retreat Centre, Nympsfield near Stroud, England, UK

www.maristRetreatCentre.co.uk

- Dances of Universal Peace (DUP)
- Deepening in the Dances
- Walking Meditations • Body Prayer

- Wazifa (Mantra) • Zikr (Remembrance)
- Breath, Light, Silence, and Presence
- Sohbet (Heartful Conversation)

Friday-Sunday
November 10-12, 2017

GUIDED BY
Muiz Brinkerhoff
FROM NORTHERN CALIFORNIA, USA

Early Bird Price
£ 170 before 01 September

Late Booking Price
£ 200 after 01 September

Booking Deadline: 25 October

Some concessions are available – please ask. The generosity of an additional contribution to help offset the concessions would be deeply appreciated.

During the Weekend We'll Work Together To:

Weave a dynamic, supportive tapestry of inner and outer experience — **Combine** movement and sound with stillness and silence — **Expand** the horizons of our individual spheres of Awareness — **Tune** our Hearts to the Group Heart and open to Becoming Clear — **Practice** fully inhabiting our bodies in the Present Moment — **Dive** into the Ocean of Infinite Love, Harmony and Beauty at the Center of our Being — **Increase** our Radiance and Magnetism — **Cultivate** positive, peaceful and loving atmospheres — **Engage** in the process of *Waking Up* in gentle, relaxed, and even playful ways, without grasping or avoiding — **Enhance** our balance and integration of the many polarities of Everyday Life: outer & inner, shallow & profound, ordinary & extraordinary, profane & sacred, personal & transpersonal, doing & being.

BOOKING & QUESTIONS: KARIM MIKE HADDEN

mikejhadden@gmail.com

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£50 non-refundable deposit required to book
Balance by 01 Sept 2017

Bookings after 01 Sept, full amount required

For cancellations received between
01 Sept & 25 Oct 2017

Refund is 50% — No refunds after 25 Oct

Feeling uncertain? Consider [course cancellation insurance](#)

Fee+Prebooked Travel < £200 = £18 (or 21) + £25 excess

PROGRAMME QUESTIONS: Muiz Brinkerhoff

muiz@becomingClear.org

www.becomingClear.org/activities.php

(MORE DETAILS AT THE WEBSITE ABOVE)

The **Marist Sisters Retreat Centre** has room for 32 residential participants, primarily in shared, twin bed rooms, with two rooms having double beds. Meals are made on-site using locally grown and sourced food as far as possible, and there is some accommodation for individual dietary allergies and restrictions. Please discuss your specific dietary needs with Karim before you book.

Non-Residential Attendance

The following options and prices for non-residential, part- or full-time attendance, are available. If we do have full residential enrolment, there will need be a limit on the number of non-residential people we can accommodate.

Friday	E only (includes dinner)	£ 25
Saturday	M-A-E (includes lunch & dinner)	£ 55
Saturday	M-A only (includes lunch)	£ 35
Sunday	M-A (includes lunch)	£ 25

(M = morning, A = afternoon, E = evening)

Muiz was initiated into Western Universalist Sufism in 1975, certified as a Dance Leader in 1979, and raised to the post of teacher in 1996. He has presented the Dances and led Sufi practice, over the past 39 years, at seminars, camps, and retreats around the USA, in the United Kingdom from 2003, in Holland in 2007, and in Morocco from 2015. He also works individually with his own Sufi students, mentors emerging Dance Leaders, and offers guidance to any who resonate with his particular approach to *Waking Up*: embodied spiritual practice, increasing magnetism and attunement, cultivating a radiant attitude, taking personal responsibility for integrating psychological shadow issues, and above all, not taking self so seriously, by practicing "auto de-pedestal-isation".

Muiz' Sufi practice has been informed and deepened by a wide variety of life experience and interests including providing HIV/AIDS education and support within the LGBTQ community, co-facilitating 2 court-mandated, Domestic Violence Prevention Program men's groups, and directing a Sufi men's group. Artistically and creatively he has danced Hawaiian Hula, created Tiffany-style stained glass, and is constantly expanding his extensive photography portfolio. These experiences, leavened with a keen appreciation of irreverent humor and the absurd, have helped him avoid getting stuck in either of two major pitfalls on the Spiritual Path — ungrounded, spaced-out ecstasy, and dour, joyless sobriety. As Western Sufi teachings repeatedly emphasize, balance and rhythm are keys to the secret of Life.

