

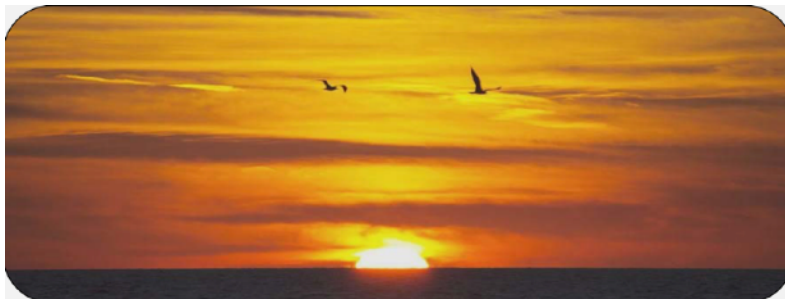


Pales Quaker Meeting House

A living testimony to Quakers

Y Pales Tŷ Cwrdd y Crynwyr

Tystiolaeth fyw i Grynwyr



The Breeze at Dawn has Secrets to Tell You

Wednesday 29th April 2020 10.30am - 5.00pm

*A day of Sufi inspired Poetry, Song, Dance, Prayer,
Meditation and Story with Karim Hadden*

In this day we will gently explore the wisdom and inspiration of Sufi poets and teachers such as Rumi, Kabir, Mahmoud Shabestari and Hazrat Inayat Khan and be introduced to the universality and depth of Sufi meditative practices.

We will do this by means that can engage the whole of our being and give us direct experience such as song, simple circle dances, meditation and breath work. A Sufi saying is 'It can't be taught but it can be caught'. We hope to emerge with fresh insight and resources for our lives.

Karim is a student of Universal Sufism in the Sufi Ruhaniat order and has been leading groups in spiritual song and movement for over seventeen years.

Bring vegetarian food to share for lunch.

Cost: £20 (Concessions: £15, If you need a further concession please ask: No one turned away through lack of money)

For more information and bookings - www.thepales.org.uk

The Pales Historic Quaker Meeting House, c1717, is the oldest in continuous use in Wales and is of great emotional and spiritual significance to many both within and without the Quaker community. It is situated in a peaceful hillside setting in Powys near its border with Herefordshire. The Pales, Llandegley. LD1 5UH



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