

**Sufi Annual Retreat 9 - 11 March 2018**  
**The Original Heart Dances and Beyond**  
(Celebrating 50 years of Murshid S.A.M.'s Dances)

**Friday 9th March**

8.15pm **Evening session**

Tansen: D: Introductory Bismillah Dance

Saadi: D: As-salaam Aleikum Greeting Dance

Round of names

T: D: Ya Mohammed Abdullah

Housekeeping info. and introduction to the theme for the weekend - celebrating Murshid S.A.M.'s Dances, and the background to them

S: W: Sifat-I-Allah ('Walks of the qualities'). Ya Rahman and Ya Rahim, Ya Jamil, Ya Fattah, and Ya Tawwab.

S: D: Three Wasifas Dance (Subhan Allah, Alhamdulillah, Allaho Akbar)

T: D: Kalama

**Saturday 10th March**

8am **Morning practices**

S: Healing breaths

S: Seated chant: Allah huma salle Allah miftahi darusalame

9.45am **First morning session**

T: D: Ya Hayy, Ya Haqq

T: D: Egyptian Ram Nam

S: D: Namu Amida Butsu

11.30am **Second morning session**

T: Teaching: Murshid S.A.M.'s Teacher's Manual re. spiritual dancing - spirituality through movement. An example of Murshid S.A.M. setting up a Dance, and how he did an attunement and wrote the Dance notes.

S: Teaching: A Paper of Moineddin's from 1999, on how Murshid S.A.M. started to create the Dances.

S: Teaching: Ruth St Denis and her influence on the history of, and inspiration for, the Dances.

T: D: Ya Mohammed Abdullah Partner Dance.

3.15pm **First afternoon session**

T: D: Ya Hayy Ya Haqq Partner Dance.

T: D: Bismillah Dance using 10 and 5 repeats (name?)

T: Breathing meditation - breathing in Al and out Lah.

4.30pm **Second afternoon session**

S: Meditation: Ruth St Denis's meditation with focus on the heart, slowly extending focus to foot, then moving head slightly, etc.

S: Teaching: Ruth St Denis.

S: D: Tis the gift to be simple.

8pm **Evening session**

S: D: Abwoon d'bashmaya

T: D: Radhe Bol

S: D: Gate Gate.

T: D: Ishq Allah Mahboud Lillah.

S: Teaching: How the Dances continued in the years after Murshid S.A.M.'s death, when others started to create Dances too.

T: D: Kalama.

## **Sunday 11th March**

8am

### **Morning practices**

T: Om Nama Shivaya seated chant

T: Meditation on Om Nama Shivaya.

9.45am

### **First morning session**

S: D: Ram Nam for Six (was five, originally)

S: D: Zikr Square Dance

S & T: Teaching: The development of the Dances, including Planetary Walks, Element Walks. 'Spiritual dancing'.

T: D: Rassoul with Turns Dance (one section gets faster, one section stays slow)

11.45am

### **Second morning session**

T: D: Om nama shivaya as a one circle Dance, not a square for 8, as it was originally written

S: Teaching: The deeper meaning of spiritual dance.

S: D: Kalama.