

THE SUFI-CHI YOGA ASSOCIATION

The Sufi-Chi Yoga Association is part of the Mir Sufi Centre, an established Centre and registered charity (number 1106275).

Our objectives are as follows:

1. **Work towards ensuring that Sufi-Chi Yoga is widely available to everyone.**
2. **To facilitate healing & self-development.**
3. **To offer ongoing training and support for students and teachers.**
4. **Preserve the integrity and uniqueness of Sufi-Chi Yoga.**

The Association aims to provide ongoing support through regular courses, workshops, seminars, publications, conferences, events and Open Days.

For Sufi-Chi Yoga Registered Teachers, classes and all other enquiries, please visit:

www.sufichiyoga.org

Tel: 01267 275910

Email: contact@sufichiyoga.org

“I have gained confidence to do things I didn’t think I could do.”

“A wonderfully relaxed and non-competitive approach.”



Presented by:

SUFI-CHI YOGA

TM



The Ultimate Balance

www.sufichiyoga.org

WHAT IS SUFI-CHI YOGA?

The Sufi Way, Tai-Chi, and Yoga can be traced back through history as separate disciplines. This is the first time they have been blended together to form Sufi-Chi Yoga.

Sufi-Chi Yoga applies Sufi Healing energy through the movement of Tai Chi and Yoga movements. This facilitates the healing and integration of the human energy systems at all levels of mind, body and soul. The applied teaching method is rooted in The Sufi Way, the essence of which is Unity.

The emphasis throughout the practices and associated exercises, is the development of focal concentration, breathing and meditation. Physical attainment is not the goal, but an integral part of the individual's development, as the heart and mind are inwardly focused. Through Sufi-Chi Yoga the unity of the individual, as part of a greater whole, is facilitated by this inner development and the coordination of the group as a whole.

Once you have completed Level one, you can join our weekly Group Practices. Everyone can benefit from Sufi-Chi Yoga, whatever their physical condition or needs. The process of Sufi-Chi Yoga is dynamic and constantly evolving. As you progress, so the exercises develop with you.

COURSE STRUCTURE

At all levels, Practical exercises are taken from the following categories:

- Preparation exercises
- Relaxation
- Breathing exercises
- Laying Positions
- Sitting Positions
- Semi-standing Positions
- Standing Positions
- The Sufi-Chi form
- Active Meditation
- Sufi Dancing (Whirling)
- Sama Meditation

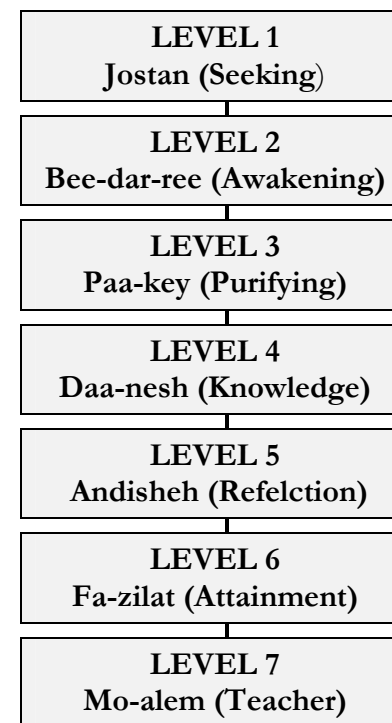
At all levels, students cover subjects which are taken from the following categories:

- History and philosophy
- Energy fields (Absolute, Universal)
- Human Energy field (Chakras, Auras)
- Anatomy, Physiology, Pathology

For those preferring to learn Sufi-Chi on a one-to-one basis, individual tuition is available upon request.

The Seven Levels

There are seven levels to Sufi-Chi Yoga.



There is one Pir Ou-stad (Master) per generation. The Pir is responsible for training Teachers as well as for the integrity and spiritual direction of Sufi-Chi Yoga. The Pir is also the Master of The Mir Sufi Path.