

The Sufi-Chi Yoga Association

The Sufi-Chi Yoga association is part of The Mir Sufi Centre, a registered charity with the following objectives:

To offer ongoing training and support to teachers and masters

To preserve the integrity and uniqueness of Sufi-Chi Yoga teaching

The association provides ongoing support through workshops, seminars, publications, conferences and public open days.

Teacher Training

Comprehensive teacher training is available through part-time or full-time intensive courses. On completion, students receive a certification allowing them to teach Sufi-Chi Yoga classes.

For further information, please visit our website at www.sufichiyoga.org.

SUFI-CHI YOGA™

Ultimate Balance



For Sufi-Chi Yoga class schedules, registration and all enquiries, please contact:

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Visit:
www.sufichiyoga.org

What is Sufi-Chi Yoga?

Sufism, Tai Chi and Yoga can be traced back through history as separate disciplines. This is the first time they have been brought together as Sufi Chi Yoga.

Sufi Chi Yoga brings together aspects of Yoga and Tai Chi to activate energy centres in the body. The teaching method is rooted in the philosophy of Sufism, the essence of which is unity.

The emphasis throughout the postures and form is upon focal concentration, breathing and meditation. Physical attainment is not the goal, but follows as a by-product when the mind and heart are focused. Unity of the individual as part of a greater whole is facilitated by this inner development and the co-ordination of the group as a whole.

Everybody can benefit from Sufi-Chi Yoga, whatever their physical condition or their needs. The environment is non-competitive and individuals progress at their own pace. The process of Sufi-Chi Yoga is organic and dynamic. It is constantly evolving, so as you progress the exercises develop with you.

Beginners Classes

Registration required (see back page)

Our beginners' classes are suitable for people of all abilities and any level of fitness, including those who are pregnant. At all levels, 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
- Sama & silent meditation

As a beginner, you will learn basic exercises from each of these categories. Sufi-Chi Yoga classes are taught in an informal and enjoyable manner.

Individuals progress at their own pace in a non-competitive environment under the supervision of the teacher.

Intermediate Classes

After completing the beginners' course, students increase the range of postures and work toward completing the Form. At this level, active meditation is slowly introduced together with Sama meditation. A greater focus on focal concentration and working with the breath deepens the experience of the postures and the Form and increases the students' awareness.

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

***“A wonderfully relaxed and
non-competitive approach.”***

Individual Tuition

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