

The Foundation Course

The foundation course is offering a gentle introduction to the different aspects that have evolved as part of the Mir Sufi Path. It is mandatory for those who wish to enrol for teacher training in Sufi-Chi or Sufi yoga. The combination, of Sufi Meditation, Sufi Yoga, Sufi Chi and Sufi Saints Healing offers a powerful, holistic experience. There are residential elements to the course which deepen the experience and give an introduction to Sufi Retrieval practices.

The foundation course is open to all over the age of 18 and is suitable for:

- Teacher training in Sufi-Chi or Sufi yoga
- Those looking for self development
- Those considering initiation to the Mir Sufi Path
- Initiates seeking to expand their experience and practice.

Sufi Meditation

Sufi Meditation is dynamic and holistic, involving the whole being. It encompasses different techniques including sitting and standing chanting, loud chanting (hikr jalil) soft chanting (zhikr khafif) Sufi dancing, Sama (listening to Sufi music) and silent meditation.

Sufi meditation is traditionally practiced every Thursday evening at Sufi gatherings called Khanegh and at the Mir Sufi Centre.

Sufi Saints Healing

Sufi Healing is a form of hands-on healing that has been discreetly practiced for over a thousand years. Traditionally, the techniques have been known only to Sufi Masters and have been passed down with care and discretion through the generations. Sufi Healing is the channelling of pure, Absolute energy. By degrees we can be attuned to this energy by a Master.

Terms such as “aura” and “chakras” are familiar to most people today and many healing systems are commonly practiced with these elements. Sufi Masters have been aware of and practiced healing with other dimensions of the spiritual anatomy as well as the known Human energy field. Sufi Saints healing includes a system of healing using latifs and through this we are introduced to a much deeper experience and understanding of the spiritual anatomy, its functioning and our relationship with Divine and Absolute energy.

There are seven levels of attunement, leading to Master level:

1. Self healing
2. Treatment of friends and family
3. Human energy systems
4. Professional practice and treating others
5. The latif system
6. Teacher level
7. Master level

After each attunement the student first directs the energy toward themselves and undertakes a program of self-cleansing. In this way, learning comes through first-hand experience and the healing process opens the student as a channel for the energy. Becoming an effective channel is the key. The process cannot be rushed and, if the student applies the practices with sincerity, devotion and patience, each level offers an opportunity for profound experience beyond any intellectual understanding.

The foundation course takes the student up to and including the third level attunement.

Sufi Yoga

Yoga means “to yoke”, or “join”. The essence of yoga is spiritual practice, but this has been lost or distorted over time. The essence of yoga that has been lost is regenerated through Sufi ideology and Sufi practices. Its potency comes from infusing yoga with the essence of Sufi Saints Healing, Sufi meditation and Sufi Path.

Sufi yoga practice follows a particular structure, as follows:

- Preparation exercises
- Relaxation
- Laying positions
- Sitting positions
- Semi-standing positions
- Standing positions
- Sufi Dancing
- Sama and silent meditation

The emphasis is on centring energy, concentration and breathing rather than physical attainment, which follows as a by-product and as the practices evolve within the student.

In the foundation course, the student will cover the practices within the beginner's manual and will be ready to begin practice at intermediate level.

Sufi Chi

Following a similar principle to Sufi yoga, Sufi Chi combines the essence of Tai Chi with Sufi Saints Healing, Sufi Meditation and Sufi Path. Again, the practice is regenerated through Sufi ideology and practices.

The structure is as follows:

- Preparation exercises
- Relaxation
- Sufi Chi form
- Sufi Dancing
- Sama and silent meditation

Like Sufi yoga, the focus is on centring energy, breathing and concentration. The foundation course takes the student through the beginner's level, ready to begin practice at intermediate level.

Course Structure

The course takes place at the Mir Sufi Centre in Wales and consists of two residential weekends and one week-long intensive. Courses are run throughout the year and take a minimum of three months to complete. Where possible, weekly attendance at local Sufi Yoga, Sufi Chi and Sufi Meditation sessions is recommended. Practices are given between study periods to sustain focus and assist the cleansing process. Study manuals are provided, which contain the core of the teaching.

Residential Element

The taught elements of the course take place on residential weeks and weekends at the Mir Sufi Centre in Wales. Shared accommodation is provided within the Centre grounds. Meals are shared and prepared communally.

As well as the taught academic part of the course and practical sessions, part of each day is spent working with nature. The work varies according to the season and the weather and the work that needs to be done within the Centre at that time. Structuring the day in this way gives an introduction to Sufi Retrieval practices, which deepen the holistic experience of the course and assist the student with their own cleansing process.

Keeping a Journal and Contact with the teacher

Because of the intensity of the course, and the process of cleansing that takes place, it is important to sustain regular contact with the teacher throughout the course by telephone or email. All aspects of Sufi teaching depend on the teacher-student relationship and sincere self-reflection. To assist this process, students are expected to keep a journal throughout the course and to reflect on their experience with the assistance of the teacher. The student's connection with the teacher is the essence and the key.

Assessment

A pass in all the elements of the course are an essential prerequisite for those wishing to embark on the teacher training course for Sufi Chi or Sufi Yoga and Sufi Saint Healing.

Assessment is based upon the following:

- Journal
- Maintaining contact with the teacher
- Essay
- Ongoing practical assessment throughout the course

Application Process

Prospective students are invited to apply through the attached application form.

Fees

The course costs £500 and includes meals and accommodation.

The Master receives no payment for his time

If you have any financial difficulties with regards to payment, please contact **the Mir Sufi Centre at +44(0)1267 275910**. Do not let monetary issues prevent you from attending this Course.

Dates

Please see the dates at www.sufichiyoga.org/en/teaching.asp or call The Mir Sufi Centre for more information.

Further Enquiries

Contact us through the website www.sufichiyoga.org.

Alternatively you can contact us at:

The Mir Sufi Centre,

Llwynhaf,

Llanddarog Road,

Carmarthen,

SA32 8AR,

United Kingdom.

Telephone: +44(0)1267 275910

***The Foundation Course
Registration Form***

**The Sufi Chi and Sufi Yoga
Association**
Tel: (01267) 275910
Web: www.sufichiyoga.org
Email: contact@sufichiyoga.org

Please use BLOCK CAPITALS and write very clearly when completing the form. Thank you.

COURSE DETAILS Foundation Course

Course Venue

The Mir Sufi Centre, Wales

Course Date

July to October

Course Duration

Three months

COURSE PAYMENT

Course fee (Residential)

£500

donation:

£

TOTAL amount of your payment:

£

Please make cheques payable to **The Mir Sufi Centre**.

YOUR CONTACT DETAILS

Name

Email Address (please write carefully)

Address

Telephone Number(s)

Town

County

Post Code

Please return completed form & payment to:

The Sufi-Chi Yoga Association,
Llwynhaf, Llanddarog Road,
Carmarthen, South Wales SA32 8AR,
United Kingdom
Email: contact@sufichiyoga.org

Cheques or postal orders should be made payable to 'The Mir Sufi Centre'

Signed

Date

