



AWAKENING THE WISDOM OF THE HEART

With Murshid Wali Ali

Thursday, July 21 ~ Sunday, July 24, 2011

Begins 7:30 pm on Thursday and Ends after lunch on Sunday

At Serenity Ridge,
554 Drumheller Lane,
Shipman, Virginia 22971

A retreat with Murshid Wali Ali Meyer based on his new book *Physicians of the Heart, A Sufi View of the 99 Names of Allah*. We aspire to become whole heartedly human and live in the stream of guidance, as a natural flowing forth from the Source. Dance, Meditation, Walking Concentrations and Contemplation, and techniques for healing our cracks of separation from God and the world will be an integral part of our time together.

Murshid Wali Ali Meyer is the head of the Esoteric School of the Sufi Ruhaniat International and one of the core teachers at Suluk Academy. He was initiated as a Sheikh by Murshid Samuel Lewis more than 40 years ago. He serves as the spiritual director of Khankah SAM in San Francisco and travels far and wide offering the Sufi Message of spiritual liberty.



Ligmincha Institute's Serenity Ridge is a lovely residential retreat center located 30 minutes south of Charlottesville in Nelson County, Va. Its nearly 20 acres rest atop a mountain ridge overlooking the Rockfish River Valley, with beautiful views of the surrounding Blue Ridge Mountains.

The Garuda House provides comfortable accommodations for up to 80 retreatants in private, semi-private, dormitory rooms, and tenting plus shower facilities and lounges. Both inside and out it provides a relaxing, supportive environment for sangha in its gardens, guest rooms and lounges. The core of the building features a teaching room that houses the entire Bönpo Canon, plus two dark-retreat rooms for personal dzogchen retreats. The newest wing features a Tibetan silent-contemplation space. Serenity Ridge has a swimming pool that will be open during our retreat, so bring a bathing suit and a towel if you wish to swim.

You can learn more about the Ligmincha Institute at www.ligmincha.org.

LOCATION: Serenity Ridge, 554 Drumheller Lane, Shipman, Virginia 22971

Tel.: 434-263-6355

Direction:

From Charlottesville, travel on US 29 South for about 30 minutes. Continue on US 29 past VA Route 6, and then turn left at the second exit, Route 617. Travel on Route 617 along the Rockfish River for approximately four miles, and then turn right at the third bridge onto Drumheller Lane. Follow Drumheller to the very top of the hill. You will see a red brick gate with a Serenity Ridge nameplate at the entrance.

Registration Fees

Private: \$360

Semi-Private: \$330

Dormitory Room: \$270

Tenting: \$225

Commuter: \$195

If you pay in full by June 30, you'll receive a 10% discount

Deposit \$100/person due by June 15.

To secure your room request, please pay in full with your registration.

Cancellation by June 30, full refund less \$50/person. After June 30, full refund less \$100/person.

**Please send your check, payable to BLUE RIDGE SUFI COMMUNITY, to:
Damira, 96 Johnson Hill Dr., Waynesville, NC 28786**

FINANCIAL AID: For those in need of financial aid, we have a **work-exchange program**. In exchange for working up to three hours per day at the retreat, registrants receive a 50 percent discount on their registration fee. A limited number of work-exchange positions are available and positions fill quickly, so *please contact Registrar: Damira at damira51@gmail.com, or 828-246-4485* to ask about availability.

Work-exchange participants must be at Serenity Ridge and ready to work by 3:00 p.m. Thursday afternoon, July 21, OR, they must be available to work for three hours immediately after lunch on the last day of the retreat, Sunday, July 24, in addition to that day's other work responsibilities.

Financial hardship alone should not prevent you from attending a retreat. Special payment plans are available. Please contact Damira for more information.

Registration Form ~ Retreat in Awakening the Wisdom of the Heart

Name:

Street:

City, State, Zip:

Phone:

Cell:

E-mail:

Food: Vegan Vegetarian N/A

Please list other dietary restrictions:

Please indicate your preferred
Accommodation:

- Private: \$360
- Semi-Private: \$330
- Dormitory Room: \$270
- Tenting: \$225

Work Exchange Program:

- Needed

Health: Please let us know if you are currently under a doctors care for:

Other health issues or considerations about which you would like us to be aware:

Transportation:

Do you need our assistance in networking for your
transportation? Time: Date:

Would be willing to provide assistance for others who may
want to carpool with you? Time: Date:

Paper Confirmation:

Confirmation packets will arrive
via e-mail unless checked.

Please make check payable to:
Blue Ridge Sufi Community

REGISTRAR: Damira 828-246-4485, damira51@gmail.com

Please send registration form with payment information to: **Damira/ 96 Johnson Hill Dr., / Waynesville, NC 28786** or you can send registration via e-mail.