

# KHANKAH OF THE HEART

A JOURNEY OF BREATH AND BLESSING



A RESIDENTIAL  
RETREAT AT  
WISTASTON HALL  
OBLATE RETREAT  
CENTRE, CREWE

16TH-19TH  
JANUARY 2025  
FROM SUPPER ON  
THURSDAY TO  
AFTER LUNCH ON  
SUNDAY

## **Shamsia Sandra Sunfire**

lives, Dances and Walks in Wales and has done for nearly 30 years. She follows the Path of the Heart, the Path of Love.

Shamsia is a leader and mentor of Dances of Universal Peace. She loves the retreat process that draws on the rich tapestry of wisdom teachings and practices, the rhythms of nature which empower us to be more of who we truly are. She both leads and attends retreats. Shamsia is a conductor in the Dervish Healing Order and is dedicated to service on the healing path.

Jilani and Shamsia have a vision of a Sufi community, a Khankah, based not in a building of bricks and mortar, but in the relationships between the deep and loving hearts of its members. All fervent seekers are welcome to join, whether you are new to this or have been walking the path for many years.

This retreat will draw on some of the teachings and practices of the teachers who inspired Murshid Sufi Ahmed Murad Chisti (Samuel Lewis): Hazrat Inayat Khan, Ruth St Denis, Papa Ram Das & Mother Krishnabnai, and Nyogen Senzaki. Experience the blessings of active concentration, meditation in movement and stillness, grounded in the breath and the body, supported by beautiful live music.

**Jilani Cordelia Prescott** is a guide in the Sufi Ruhaniat International, Cherag, SoulWork practitioner and leader of the Dances of Universal Peace as well as a mentor of other dance leaders. She has over thirty years' professional experience as a teacher and musician. Her relaxed and patient teaching style means people easily learn the practices, and can be free to enter the powerful and healing depths of the experience. Jilani lives in the misty Pennine hills of northern England, and brings her love for the Earth to everything she does.

Cost: £500 - £455- £415 including all meals (generous/standard/cost prices: self selecting sliding scale based on need). £80 deposit (non-refundable) reserves your place. Please get in touch with us if these prices are beyond your means. We want to be inclusive and we hope to have bursaries. Single/shared accommodation available.

Shamsia and Jilani will have musical support from Halim Geoff Carter and Robert Salik Orange

**For more information or to book, please email Shamsia: [sandrasunfire@gmail.com](mailto:sandrasunfire@gmail.com) or Jilani: [jilanicordelia@gmail.com](mailto:jilanicordelia@gmail.com)**