

“Digging Deeper into Sacred Stories: Spiritual Insights & Practices”

~ One day in-person Experiential Workshop with Imam Jamal Rahman ~

Dear Friends,

Your presence will be a blessing in Jamal’s new one-day experiential workshop coming up Saturday, August 17th.

Date: Saturday, August 17th, 2024

Time: 10:00am - 3:00pm

Location: Interfaith Community Sanctuary; 1763 NW 62nd Street, Seattle, WA 98107 (Ballard)

Tuition: \$75 payable by check, [Paypal](#) or Zelle to Jamal Rahman: jamalrah@yahoo.com

Registration is required: Please register by email to: sallyjogilbert@gmail.com



Content of Workshop: This will be an interactive workshop, exploring in depth important sacred teaching stories from the Eastern Wisdom traditions. We will learn how to relate to and understand ancient but timeless teaching stories in a personal way, gaining practical insights that impact our present lives and current situations. Jamal will focus on how to weave spiritual practices into our lives around issues we face on a daily basis.

Our time together in loving community will include chanting, meditations, individual journal reflections, Qi Gong meditation in movement, Interfaith circle dances, small and large group sharing, and Q & A. We will have lunch outside in the garden – please bring a “brown bag lunch” of what you prefer to eat, and we will provide drinks. Please feel free to invite family and friends!

Blessings,
Jamal and Sally Jo

