

# JOIN US!

Six Week Spiritual Development  
Class with **Imam Jamal Rahman:**

*"Interspiritual Wisdom and  
Practices for Troubled Times"*

Jamal will draw upon precious teachings and practices from the traditions of Sufism, Buddhism and Taoism to empower us in troubled times. The insights and exercises will guide us in transforming our anger, fear, anxiety, and helplessness. May they bring us inspiration, hope, and peace during these challenging times.



*"We are the ones we have been waiting for." -- June Jordan*

## Class Details

**Dates:** April 19-May 24, 2025

**Times:** Saturday mornings, 10am - 12pm PST

**Location:** All classes will be conducted on Zoom and recorded for class registrants to access

**Classes include:** Guided meditations, discourses by Imam Jamal Rahman, spiritual practices, small group discussions, and large group Q&A.

**Cost:** \$99 for 6 week course; payable by Zelle, Paypal, or check

**Registration is required by email to: [sallyjogilbert@gmail.com](mailto:sallyjogilbert@gmail.com)**