



Inayatiyya UK - Healing

Restoration of Your Nature into Wholeness

**12 - 19th September 2024,
PORTUGAL**



**7-DAY SUFI HEALING GROUP RETREAT
5 days in silence**



7 day group retreat in the wild nature of Portugal, in the stunning Serra da Estrela

**7 days to take a
break, recharge and
change our level of
consciousness**

WHY GO ON A RETREAT?

- Today we find many calls for a new way to be human, more in tune with our environment and with each other.
- Globally and individually we often struggle to make decisions about the many challenges we face, when none of the alternatives seem good.
- Einstein once commented, “we cannot solve problems from the same consciousness that created them.”

**Arrival Thursday 12
September 6.30 pm**

**Departure Thursday 19
September 10.30 am**





• **Central Portugal
near SEIA**



Airport : Porto + Taxi
Direct flights from the
UK to Porto

Location of the Retreat

- ([Lapa dos Dinheiros](https://maps.app.goo.gl/QhGgHnacCjAd5C7HA))
<https://maps.app.goo.gl/QhGgHnacCjAd5C7HA>
<https://maps.app.goo.gl/wyyQUawDXNbLw6hy5>

- Recom. 2 h 9 ...
- 10 h 57
- 1 jour
- 11 h

Adresses enregistrées

Porto, Portugal

Seia, Portugal

Recherche récentes

Ajouter une destination

Partir maintenant Options

Seia 2 h 9 min

Envoyer l'itinéraire vers votre téléphone Copier le lien

via A1 et A25 2 h 9 min

Le plus rapide selon l'état actuel de la circulation 165 km

Itinéraire avec péages.

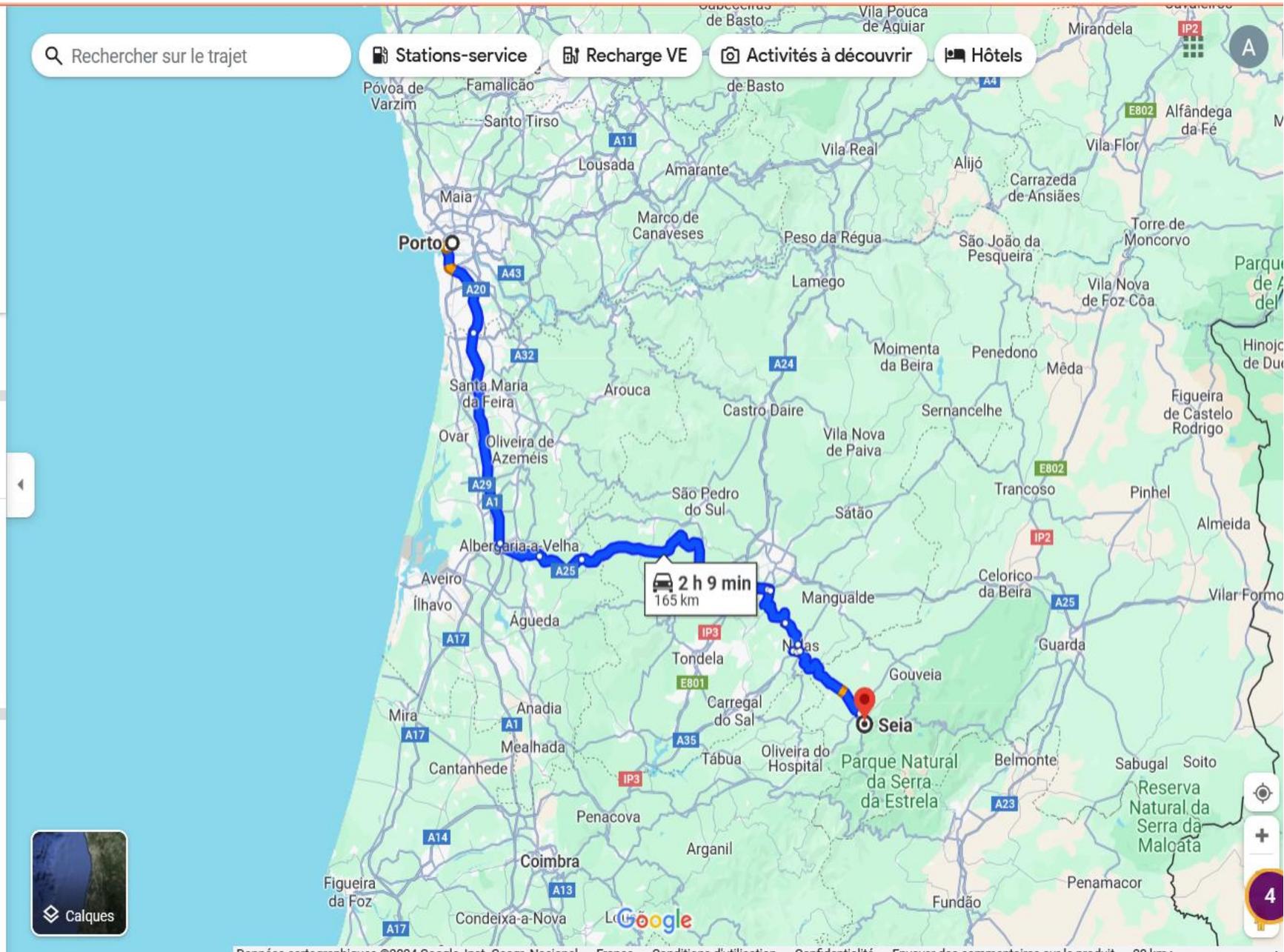
Détails

Découvrir Seia

- Restaurants
- Hôtels
- Stations-service
- Stationnements
- Plus

Rechercher sur le trajet

- Stations-service
- Recharge VE
- Activités à découvrir
- Hôtels



Démarrer



Schedule 13 – 18 September

Early Morning session : 7- 8 am

Breakfast 8 - 9am

Morning session : 9 - 12pm

Lunch 12 - 1 pm

Afternoon session : 3 - 6 pm

Dinner 6 -7 pm

Evening session : 7.30 - 9pm

One free afternoon for relaxation or local walks

- to the Ermida de Nossa Senhora da Saude de Valezim Chapel
- and local river beaches



ACCOMMODATION



What's included?

7 nights accommodation in a charming farmhouse
Single and twin rooms
Or Bell tents (4 m) fully equipped; located in woodlands with compost toilets/showers.

Full use of house and natural swimming pool.

Vegetarian/Vegan food

Breakfast, lunch and dinner with organic local produce.



Investment & Payment Details

1st Tier £850 (€995): Camping – fully equipped bell tents provided.

2nd Tier £950 (€1110): Shared room.

3rd Tier £1050 (€1227): Private room.

Places are allocated on a ‘first come-first serve’ basis. To book your place, please send a deposit of 30% of the cost with reference RETREAT and email : info@IHUK.org.

We accept payments through the ‘Donate’ button at the bottom of the homepage on our website

<https://www.inayatiyyahealinguk.org>

Our Journey together

We share chant, healing practices, meditation, body awareness, walking meditation, body prayer, Dances of Universal Peace, and Sufi zikr (Remembrance)

Through these tools, and an alchemical path with the elements (earth, water, sun, air), we open all our senses and reawaken **REGENERATION** in our lives, in Mother Nature, and around us

In a retreat we embrace and hold in the light the aspects of nature and of our nature, which are suffering, and we hold in the power of our creative imagination their healing and restoration to wholeness.



Our focus is on Celebrating the Earth's Ecology

your guide



FARZANA is an experienced retreat guide, and includes ceremonial and indigenous teachings in her approach. Farzana is responsible for the Inayatiyya Healing Activity in the UK, she is also a certified leader of the Dances of Universal Peace and works as a transpersonal psychotherapist.

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