



Every Wednesday 7-8 PM  
in Ormskirk town centre

# *Meditation Circle* *with Dakini*

The meditations include working with breath, body prayer and chanting, and are drawn from the vast treasure trove of the ancient teachings in Sufism, which are designed to bring healing, joy and inner peace in these turbulent times.

**Dakini** is a mystic and a Sufi guide in Sufi Ruhaniat International, as well as a student in Tibetan Buddhism. She loves to share with others these simple yet deeply transformative practices that have been her medicine for 30 years.

**All welcome** - all ages, abilities, experiences and personal beliefs are accepted and included.

Donations welcome.

For the exact address please text Dakini on 07950 317717