



Infinite Existence is the only Nurturer!

Molana Salahuddin Ali Nadwi Argha

NOURISHING

the Heart

*Sufi Poetry & Zikr
Movazeneh
Relaxing, Revitalizing
Breath Session
Concentration &
Meditation*

*The Heart is the Door that Leads to Life
Love is the Key that Opens the Door*

Molana Shah Maghsood Sadeqeh Argha

You a New Place!

The Tamarkoz™ Weekend Retreat will be held in the MTO® Sufi Center in Sacramento, CA. Join us in this quiet, peaceful setting just 25 minutes from Sacramento airport.

Make room in your life for nourishing your heart and soul!

Things you need to know

Participants must be 18 years old or older
Participants must be fluent in English
Dress is informal and comfortable
Alcoholic beverages, non-prescription drugs, computers, and cell phones are not permitted. Those who are pregnant or have health problems or limitations should attend the M.T.O. Holistic Medical Center retreats.

Tamarkoz™ (Sufi Meditation) Retreat

February 26th at 5p.m. – February 28th at 10a.m.

Weekend Retreat at the Sacramento M.T.O. Center

3506 Eisenhower Drive, Sacramento, CA 95826

Cost is \$335 and includes program, meals, and lodging

Cost is \$385 if payment is received after February 11, 2016

Full time students at an accredited college or university with proof of enrollment may attend for ½ price.

Student Association members in financial need may apply for a scholarship by simply writing an explanation of need and sending it to crumpler@tamarkoz.com.

You may mail in your registration to Barbara Larsen

38683 Huntington Cir. Fremont, CA 94536.

WEEKEND RETREAT REGISTRATION FORM

Please print out, complete,
enclose your check, and mail

Name: _____

☐ M ☐ F

Mailing Address: _____

Email: _____

Phone: _____

Please enclose your check
(payable to Wayfinders) or
money order (in US dollars).

Please mail to:

Barbara Larsen

38683 Huntington Cir.

Fremont, CA 94536

E: crumpler@tamarkoz.com

Direction:

Sacramento airport is

20-25 minutes away.

Oakland Airport and

San Francisco Airport are

1.5 hours or more

(much more in traffic) away.