

# Join us

for an in-person summer workshop ...

... *to nurture and nourish the soul*



Day long experiential program will include interspiritual insights and practices, meditation, laughter yoga, chanting, body movements and group discussions.



## Class details

**Presenter:** Imam Jamal Rahman  
**Date:** Saturday, August 23rd  
**Time:** 10 am to 4 pm PST  
**Location:** Interfaith Community Sanctuary  
1763 NW 62nd Street, WA 98107

## Registration

**Tuition:** \$70  
**PayPal/Zelle:** jamalrah@yahoo.com  
**Checks payable to:**  
Jamal Rahman  
Interfaith Community Sanctuary  
1763 NW 62nd Street, Seattle WA 98177

Please bring a sack lunch  
Beverages and cookies will be provided

“Inside everyone is a great shout of joy waiting to be born”

-David Whyte