



CHANTING AND MEDITATION WITH LATIFA NOOR

**Experience the Transformative Power
of Chants from Around the World**

We will explore the practice of alternating chanting with silent meditation, tuning into the unique vibrations of each chant. Chanting is an accessible and heart-opening practice for both experienced meditators, and for those who are new to meditation.

This ancient meditation practice allows for Inner Listening, thereby allowing freedom and creativity to develop in unexpected ways.

In addition to sharing chants from Hazrat Inayat Khan and the Sufi tradition, Latifa Noor will also guide us in chants from the Hindu, Buddhist, Zoroastrian, Jewish, and Christian traditions.

Saturday January 7, 2:00 - 5:00 PM, \$35

[Durham Friends Meeting](#), 404 Alexander Avenue, Durham NC

Latifa Noor Elizabeth Anderson is a cellist and vocalist who has performed throughout the United States, Australia, Italy, Germany, Finland, Israel, Japan, and India.

In 2006 she created the CD *Latifa Noor*, a recording of original improvisations for cello, voice, and tamboura. Latifa Noor has been a practitioner of Sufi meditation and chanting for 20 years, and in addition to being a guest leader of meditation groups in New York, has been leading a Sufi meditation circle in Dobbs Ferry NY since 2008.

Questions? Contact Ananda Eric Pritchard at epritch@duke.edu or 919 286-0355.

Latifa Noor will also be performing as part of the Chanting and Kirtan Benefit Concert on Sunday January 8 at 4 PM in the Nelson Music Room, Duke East Building, Duke University East Campus. All proceeds will go to the Noor Inayat Khan Memorial Trust, and the campaign to create a permanent memorial to the heroism and sacrifice of Noor, Hazrat Inayat Khan's oldest child, who was tortured and killed by the Nazis at age 30. The concert includes performances of many guest artists, and features the composition by Pir Hidayat Inayat-Khan written in memory of his sister, and the world premier of the Mantra Cantata Movement 2 by local composer Bill Robinson. *Contact Ananda for more information.*