

PRESS RELEASE

M.T.O. Shahmaghsoudi® School of Islamic Sufism®
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Marking Memorial Day & End of Ramadan, MTO Shahmaghsoudi School of Islamic Sufism Responds with Global Food Drive for COVID-19 Front Line Workers, Veterans and Homeless Shelters

MAY 21, 2020 - (Los Angeles, London) On Memorial Day, Monday May 25, M.T.O. Shahmaghsoudi® Schools of Islamic Sufism in **35 cities and nine countries around the world** will celebrate the end of Ramadan by delivering thousands of food and personal care packages to veterans, frontline workers, and homeless populations in need.

M.T.O. will mark the end of Ramadan - observed by Muslims worldwide as a month of fasting, prayer, reflection and community - with Eid-al-Fitr or "Festival of Breaking the Fast," by showing appreciation to the heroes who have sacrificed to protect us everyday in response to the global pandemic.

"We traditionally mark the end of Ramadan by celebrating Eid-al-Fitr in our community. in light of recent events, M.T.O. centers worldwide have chosen this day to provide food and care packages, along with some hope and stress relief, to those most in need." — Sara Bavar, Los Angeles. M.T.O.

As part of [M.T.O.'s wider COVID19 Initiatives](#), all M.T.O. centers around the world will hold food drives and distributions on the same day. Centers in Canada, the United Kingdom, Spain, Germany, France, Denmark, Sweden, Australia, New Zealand and in 18 cities throughout the United States will participate.

Also on May 25th, at 10:00 a.m. (PST) a special [Instagram Live Tamarkoz® \(Sufi Meditation\)](#) session will be broadcast from the M.T.O. Los Angeles center. This session will provide meditation and relaxation techniques to help reduce stress and anxiety during this difficult time.

M.T.O. Tamarkoz Association offers a free online meditation and relaxation program in response to the COVID-19 crisis. These 30-minute sessions are offered daily on Instagram and conducted in English, Spanish, Hebrew, French, German, Farsi, Arabic, Urdu and Italian.
<https://www.instagram.com/tamarkozapp/>

"While we may not be able to celebrate Eid Fitr with our families and loved ones this year, we cannot think of a better way to commemorate this wonderful occasion than continuing our global efforts in support of our local communities." - Ghoncheh Alavi, London M.T.O.

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ABOUT: M.T.O. Shahmaghsoudi® School of Islamic Sufism® is an international non-profit organization that spans five continents. The teachings of the school bring the message of knowledge, love, peace, tranquility and strength. Please visit www.MTO.org