

REAL change & justice begins with YOU.

"America's next great social movement must be an inner one.
Without inner change, there can be no outer change.
Without collective change, no change matters."

daily practice
community
meditation
intentionality
yoga
harm reduction
well-being cleanse
behavior change
silence
support
study

capacity. sustainability.
PRESENCE.



spring **practice period** 27 days of **change**

Designed for **activists, allies & agents of social change**, Practice Periods are 27 days of daily inner practice in the midst of our urban lives. The 6-point, 360 degree personal change program helps you examine your relationship to yourself, your community and the world.

Join the movement to make inner change matter for real social change.

transform from **within**.
Here & Now.

March 17 - April 12
all are welcome.
join in online or in person
Residential Opportunities

CENTER for
Transformative Change

www.27daysofchange.com

888 X SOCHANGE

*transformative programs & practices
for agents of social change*