

Center for Transformative Change

intro to fearless meditation I practice of body



BE the change you wish to see. Meditation helps develop Presence—the continuous, moment-to-moment practice of being in relationship with every aspect of our lives. With presence, our good intentions can seed more solutions rather than aggression, create deeper connection rather than separation, and foster sustainability, rather than burnout. — Rev. angel Kyodo williams

Agents of Social Change: activists, mothers, artist, teachers... fearless Meditation I: practice of the body is an in-depth introduction to nonsectarian, universal meditation taught in a social justice context. Engaging one's inner life is an act of social change and resistance. Be more than the CHANGE, Be TRANSFORMATION.

Led by Instructor chandrashekara thuy tran.

Wednesday, December 3 | 7:00pm-9:30pm
\$30-\$20.00. Members: \$15

ALL ARE WELCOME. NO ONE TURNED AWAY. DANA (GENEROUS GIVING) WELCOME.

FREE for Agents of Social Change and those who have taken the course in the past

"I've been meditating for years and no one ever told me this. I can now work with my practice rather than just suffering through endless pain."

—Eric Reed

"You must record this. People everywhere need it...the most precise instruction."

—Carol Cooper,
Village Voice, NYC

"Easily the best meditation instruction I've ever had."

—Patti Hirota-Cohen
Yoga Instructor

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Space is limited. RSVP: 866.PEACE2008 | ext 1, Web: <http://www.newdharma.com>, Email: register@urbanpeace.com or Contact chandra: chandra@urbanpeace.com (510) 549-3733, ext. 708