

CENTER for TRANSFORMATIVE CHANGE

intro to fearless meditation I practice of the 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. — Rev. angel kyodo williams

fearless Meditation I: practice of the body is an in-depth introduction to nonsectarian, universal meditation taught in a social justice context and aimed directly to agents of social change. Gain confidence, balance and insight through our "Fearless Sitting" technique developed by master meditation instructor, angel kyodo williams. fMI focuses on developing the foundation to establish a "steady, comfortable posture" for a stable body and stable mind. Address challenges and start or strengthen a home practice.

- learn how to take a steady, comfortable seat
- learn about the MAP of social transformation
- learn how fearlessMeditation can help you become a more effective agent of social change

Led by Instructor chandrashekhara thuy tran

"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

First Friday of the Month — 7:00pm-9:30pm
General Public: \$45-\$35

FREE for Agents of Social Change
ALL are welcome. No one turned away. Donations welcome.

Small class size. RSVP REQUIRED: 866.PEACE.2009
email: register@transformativechange.org

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