

Tending to your Heart: Mindful Healing Practices to support People of Color

with Pawan Bareja, Ph.D.

Monday, January 16, 9:30am to 4:00pm

Spirit Rock Meditation Center, Woodacre, CA. www.spiritrock.org

On this special day, we acknowledge the promise of freedom that Martin Luther King dreamed of and re-connect with the fearless intention of freedom in our heart.

If you find that your everyday interactions with others sometimes challenge your sense of safety and maybe even your sense of self, this day at Spirit Rock is meant to provide a safe space for you. Sometimes these challenges come as words and actions that are blatant and explicit, but other times they arise from unspoken judgments of our appearance, behavior or actions due to projections regarding our nationality, religion, race, color or sexual orientation.

Living in such an environment is bound to affect our heart energy. The pain from this continuously feeling “different”, unsafe or excluded can lead to a defended and closed heart. If this is your experience and you wish to nourish and free your heart, then this daylong is for you. Using Buddhist mindfulness and loving-kindness practices we will explore ways, we can open our hearts (even if ever so slightly) in the safe environment of a supportive community. The day will consist of sitting, walking meditation practices, dharma discussions, inspirational Buddhist stories and gentle movement. You are invited to come with the intention of connecting with the community of like-minded people who share values similar to yours. Please bring your lunch and leave your cell phones behind!

Appropriate for those who are new and experienced meditators. All are welcome! Continuing Education (CE) credit available.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	Monday, January 16, 2017, 9:30am to 4:00pm
Fees:	\$40 - \$100 sliding scale. Please bring your lunch.
Registration:	http://www.spiritrock.org/non-residential
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	This course offers 6 CE credits for \$60 for psychologists and California licensed MFTs, LCSWs, LEPs, LPCCs, and nurses.