Dharma in Daily Life
with Pawan Bareja, Ph.D.
4 Tuesdays from Feb 7 – Feb 28, 7:30pm to 9pm
Against The Stream San Francisco, 2701 Folsom St, San Francisco, CA 94110.
www.againstthestream.org

How do we bring the Dharma into our day-to-day life? This class series is
highly interactive and invites you to submit your questions on areas in
daily life where you face some challenge in finding freedom. This could be
your work place, home, friends, relationships, family, etc. Together, we will
explore what happens when we bring our practice into all aspects of life.

Usually once you've committed to the class series, the facilitator decides on
the content of the class. But in this class you decide what you'd like to
explore most. All participants will have an opportunity to submit their
questions a couple days before each class so that the teacher can weave
response in a dharma talk and discussion. We will discuss how applying
the mindfulness practices of four Noble Truths, or the four Foundations of
Mindfulness or the four Brahmaviharas or the Eight-fold Path may help
you free up your energy so you feel more settled, grounded and calm in
your everyday life.

Sometimes your questions may not have a clear answer, but during the
class we will explore together how the Dharma can hold you while you
move towards an answer or a resolution to your internal struggle.

Each class will start with a body based guided meditation and will include a
brief dharma talk, movement exercises and dyad discussions. You are
encouraged to pre-register so you can send in your questions for the first
class in the series.

People of all ethnic background, physical abilities, sexual orientation, and
gender identities are welcome!

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Address:	2701 Folsom St, San Francisco, CA 94110
Date:	4 Tuesdays from Feb 7 – Feb 28, 7:30pm to 9pm
Fees:	dana (donation)-based ~ Everybody is welcome, regardless of ability to pay
Registration:	Online at www.againstthestream.org Or call 415.695.2864
Scholarship:	Not Applicable
CE Credits:	Not Available