

Dharma of Our Stories: Embracing Our 10,000 Joys and Sorrows

with Pawan Bareja, Ph.D. and Noliwe Alexander

September 22, 2018, 10:00 am to 4:30pm

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

Each of us has a unique life story. Within our stories is the potential to bind us to suffering or to lead us to liberation. In this daylong, we will explore how our personal stories, just like that of the Buddha, can help us deepen our understanding of the precious gems offered in the Four Noble Truths.

Our intention in this daylong is to find joy and freedom through our lived experience of embracing our stories. We'll share periods of sitting & walking meditation, small and large group discussions.

Bring a journal, a sacred object for our collective altar, and an open heart for exploration. Everyone is welcome regardless of your race, gender, sexual orientation and ethnicity.

Venue:	Spirit Rock Meditation Center
Address:	5000 Sir Francis Drake Boulevard, Woodacre, CA 94973
Date:	September 22, 2018, 10:00am to 4:30pm
Fees:	\$75 to \$200 sliding scale. Senior/Student: \$45. Please bring your lunch.
Registration:	https://www.spiritrock.org/
Scholarship:	Nobody is turned away. Please call (415) 488-0164
CE Credits:	No CEUs available for this program