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# Dharma of our Stories: Embracing our 10,000 Joys and Sorrows

PAWAN BAREJA, NOLIWE ALEXANDER

Saturday, September 22, 10:00 am - 4:30 pm

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 day retreat, 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 day retreat is to find joy and freedom through our lived experience of embracing our stories. *Please bring a journal, a sacred object for our collective altar, and an open heart for exploration.*

*PAWAN BAREJA, PHD, has a body-oriented counseling practice based on Peter Levine's Somatic Experiencing™ (SE) work for coping with trauma and life changes, and is also an assistant in SE Trainings. She is currently in the Spirit Rock Teacher Training program.*

*NOLIWE ALEXANDER is a teacher of various sitting groups around the Bay Area, facilitator of community workshops and Buddhist meditation day longs and class series programs. She is a Life & Business Coach dedicating both her coaching and Dharma practice to the POC, LGBTQI, At-Risk and Elder communities. She is a graduate of Spirit Rock's CDL4 program and EBMC's Commit 2 Dharma program.*

Register at [spiritrock.org](http://spiritrock.org)



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