



Saturday
March 10, 2018
1:00 PM to 4:00 PM

Monterey Peace and Justice Center
1364 Fremont Blvd, Seaside CA

Replenish yourself and come back to peace from the inside out.

- Learn to:
- ✿ Calm the body and mind
 - ✿ Give yourself permission to say Yes and No
 - ✿ Rewire automatic roles
 - ✿ Water the seeds of joy and well being
 - ✿ Take care of yourself; Be there for others

Facilitator Trish Nelson is a spiritual peace activist, author, teacher, and student of Vietnamese Zen master Thich Nhat Hanh.

All are Welcome. \$5 to \$30 sliding scale donation.

No one turned away. Refreshments served.

Dress comfortably and bring a notebook.

Register in advance at Eventbrite:
tinyurl.com/SelfCare-In-Challenging-Times
or by phone: (831) 915-7257

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