

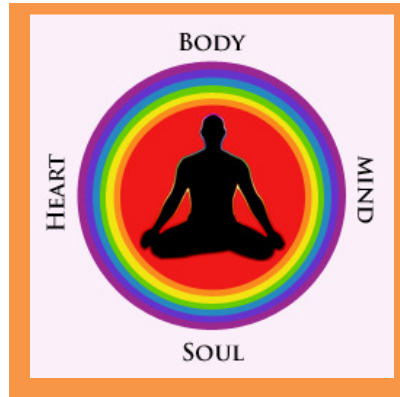


Chinmaya Mission Flint

6499 W. Calkins Road, Flint, MI 48532 • (810) 230-2430
website: <chinmayamissionflint.org>



Inner Peace for a Better World



Humanitarian Committee of Chinmaya Mission Flint and Genesee County Committee for Community Peace (GCCCP) is organizing a short workshop on Inner Peace. Peace in our communities can be achieved by each one of us start working toward one's inner peace. Given the horror of violence we all witness every day around us, let us come together in keeping our body and mind in balance.

Please join us for this free and informative session with your family and friends.

Program outline: Introduction to Vipassana Meditation - Hema Bafana
Pranayam and Yoga - Suzanne Delahanty
Peace in midst of a storm – Kenyetta Dotson
Non-violent conflict resolution techniques - Terence Bnu

Date & Time: **Saturday, April 14th 2018, 2:00 pm to 4:00 pm**

Venue: **Grand Blanc McFarlen Library,
515 Perry Rd, Grand Blanc, MI 48439**

Please email us at 'CMFYogaWorkshop@gmail.com' to register by April 10th 2018 and for additional information.

This workshop is sponsored by Community Foundation of Greater Flint.

Note: Light refreshments will be served after the program.



Mission Statement: "To provide to individuals, from any background, the wisdom of vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society"

