



## TAKING HEART IN TOUGH TIMES

**WHAT:** Are you feeling frustration and sadness about social injustice, pollution, lack of integrity and our current spiritual void? Experience ways to move from despair to empowerment with like-minded individuals! This is an interactive workshop with opportunities to speak from the heart, meditate, sing, and participate in group rituals. Further background information can be found at [www.joannamacy.net](http://www.joannamacy.net)!

**FACILITATOR:** Sunny Rehler who has just returned from an intensive training with Joanna Macy.

**WHEN:** Sunday evening, May 23, starting promptly at 7:00 PM. We will do our closing circle about 9:30 PM.

**WHERE:** Ahimsa Village, 4022 S. Eagle Valley Rd., Julian, PA

Please RSVP to [bob@ahimsavillage.org](mailto:bob@ahimsavillage.org), 814-355-0850 if you plan to join us.

Donations are welcomed.