

DC Mindfully

Creating a Mindful Nation

September 18th

Metropolitan Memorial Methodist Church

7:30-9:00pm

3401 Nebraska Ave NW Washington DC 20016



Sylvia Boorstein



Tara Brach



**Congressman
Tim Ryan**

Join three renowned voices for achieving peace through mindfulness, in celebration of the Peace Alliance's 10th anniversary and the UN declared International Day of Peace (Sept. 21st).

Exploring the questions: what is mindful activism? How do we stop the violence in our homes, our schools, our neighborhoods, our nation and our world?

Please join us as we explore and recommit to building peace.

6:00-7:15 Benefit Reception
in person with Sylvia, Tara & Congressman Ryan

7:30-9:00 Panel Discussion

SIGN UP HERE: www.peacealliance.org/dc-mindfully



The Peace Alliance

Co-sponsored by:

BUDDHA FEST
LMS | TALKS | MEDITATION | MUSIC



**Grace
PRODUCTIONS**



**Insight Meditation
Community of Washington**