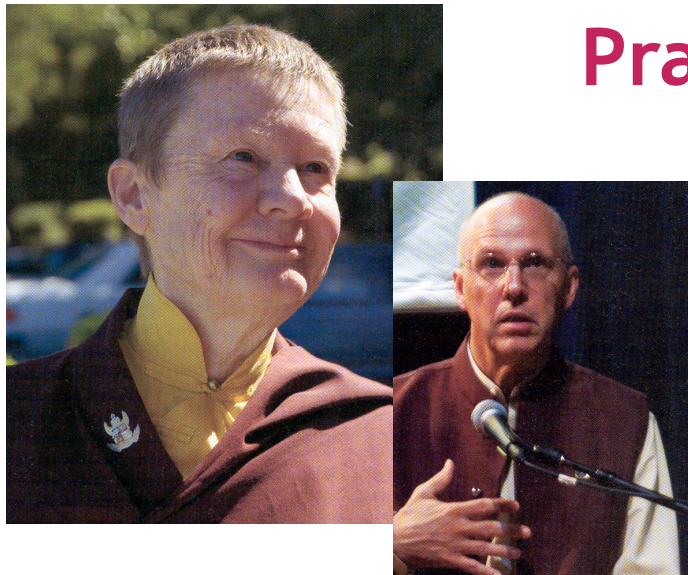




Burlington Shambhala Center

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Practicing Peace in Times of War

There's always a crucial moment when we have to choose between peace and conflict. Here's the practice that helps us choose peace for ourselves, for others, and for the world.

Pema Chödrön and Richard Reoch

This is a video taped class featuring Pema Chodron and Richard Reoch. They will explore the importance of meditation in finding peace and nonaggression in one's heart as well as its relevance to the world.

2 Friday evenings & 2 Saturdays, 6/20-6/21 & 6/27-6/28
Friday evenings 6:30pm-9:00pm
Saturdays 9:00am-5:00pm
The cost is \$85 (\$75 members)
No one turned away for financial reasons
For more information contact Patti Lanich at 860-1477

Pema Chödrön is an American Buddhist nun and a senior teacher (Acharya) in the Shambhala tradition as taught by Chögyam Trungpa Rinpoche. Pema was Abbess of Gampo Abbey, the first Tibetan monastery in North America established for Westerners, located in Nova Scotia, Canada. She is the author of *The Wisdom of No Escape*, *Start Where You Are*, *When Things Fall Apart* and *The Places That Scare You*. Her latest book is *Practicing Peace in Times of War*.

Richard Reoch used to run Amnesty International and he is the current President of Shambhala International.

These teachings are suited for new students as well as those who have been practicing for years.