

# INNER PEACE NOW!



## COMMUNITY CLASS



\* What is peace? What does it look like and feel like in everyday life? How can I feel at peace within when the world around tests and challenges me? How do I stay centered and balanced whether I'm on the mountaintop or waiting in traffic? How can I be calm despite of anger or worry? Will we ever see or experience world peace?

\* I believe we can- if we choose to! Join me for a fun afternoon of:

- o Music!
- o Writing
- o Inner Healing Processes
- o Meditation
- o Discussion/Sharing
- o + more



to connect with the source of peace that's inside of you during this uplifting gathering! Let's bring more peace into our world...starting with ourselves!



\* Saturday May 15, 2010 \* 2-4pm

\* Foundation for Living Inner Peace, Inc. ~ Airport Office Center:  
8929 S. Sepulveda Blvd., Suite 215... Los Angeles, CA 90045  
[Location/Parking details: [www.livinginnerpeace.com/ContactUs.html](http://www.livinginnerpeace.com/ContactUs.html)]

\* \$10 love donation appreciated  
(PLEASE don't let money stop your growth... come with what you have)

\* JOYFULLY FACILITATED BY: KASH PATEL

\* For class information, please contact:  
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