

CHANGE YOUR MIND DAY

exploring & experiencing the mind & body



PRESENTED BY:

Organizing Mindfulness

PARTICIPATING ORGS:

Albany Karma Thegsum Chöling (KTC)

Albany UU

Brahmakumaris World Spiritual Org.

Global Peaceful Cities

Kingfisher Sangha

Holistic Youth Project

Shambala, Albany & Troy

Unity Church of Albany

SAMPLE TOPICS:

Breathwork

Buddhism 101

Chi-Gong

Come Home to Yourself

HeartMath

Managing Your Mind

Meditation Practice Q and A

Shamanism-Karma-Mindfulness

Yoga

SATURDAY, JUNE 9, 1-6 PM

First Unitarian Universalist Society of Albany
405 Washington Avenue



**Come sample and explore mindfulness,
meditation & contemplative practices!**

www.organizingmindfulness.org

ADMISSION: Dana/Voluntary Contributions
INFO, CONTACT:

Karen Beetle, (518) 424-7516

Sam Trumbore, (518) 366-4532