



# INTERNATIONAL DAY OF PEACE WALKING MEDITATION

**1 p.m. Saturday, September 21**

**Hickory Hill Park Bloomington Street Shelter**

Wars. Climate disaster. Political upheaval. It's easy to feel overwhelmed by all of the suffering in the world.

Join PEACE Iowa and Winding Path Sangha for Walking Meditation—a practice of walking slowly, mindfully, and silently—to water the seeds of peace in our hearts.

- Everyone welcome, regardless of background, beliefs or meditation experience
- Gather beginning 12:30 p.m.; walk begins at 1 p.m.
- Walk takes about 45 minutes
- Stay after for tea and treats (please bring a cup or mug to cut down on paper waste)

**More information at [windingpathsangha.org](http://windingpathsangha.org)**

*“When you produce peace and happiness in yourself, you begin to realize peace for the whole world.”*

Thich Nhat Hanh

Vietnamese Buddhist teacher, author, and peace activist