



# Interspiritual Peace Meditation

Woodward Park, Fresno, California

Saturdays, July 17; Aug 21; Sept 18, 2010, 10 a.m. - 12 p.m.

Every 3<sup>rd</sup> Saturday, July, August & September, 2010

**PRACTICE SILENT MEDITATION**

**A PATH TOWARD INNER PEACE**

**INTRODUCTION TO ZEN, CENTERING PRAYER AND RAJA YOGA MEDITATION**

**EVERYONE WELCOME**

Please bring your own lawn chair, meditation cushion, meditation bench or whatever you wish to use to sit comfortably in the grass and shade.

Entrance fee to the park is \$3 per vehicle w/Fresno Resident I.D.

(Seniors enter free; \$5 non-Fresno Resident)

**Directions:** From Audubon Drive right entrance, drive 1 mile to River View Picnic Shelter (located on your left and across from Dog Park).

We will gather under the large trees.

Please be on time.

**For Questions or Information, please contact:**

Zen: Rev. Norm Gustafson at [wngus@hotmail.com](mailto:wngus@hotmail.com)

Raja Yoga Meditation: Dr. Veena Kapoor at [vkapoor@csufresno.edu](mailto:vkapoor@csufresno.edu)

Centering Prayer: Everardo Pedraza at [evpedraza@yahoo.com](mailto:evpedraza@yahoo.com) -- 559.230.9736

שלום سلام  
Peace سلام  
שלום سلام



*In the attitude of silence the soul finds the path in a clearer light,  
and what is elusive and deceptive resolves itself into crystal  
clearness.*

—Mahatma Gandhi



