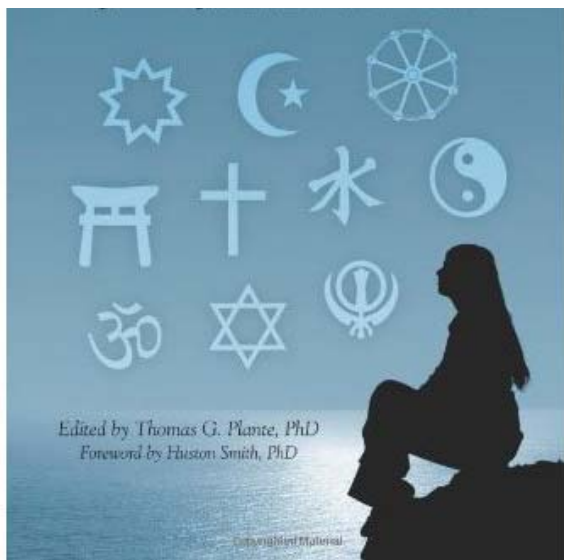


CONTEMPLATIVE PRACTICES IN ACTION

Spirituality, Meditation, and Health

Join us for an interfaith contemplative practice day



Saturday, June 18, 2011

8:30 am - 3:30 pm

Interfaith Counseling Center

15 Austin Avenue (at Kensington Avenue)

San Anselmo, CA 94960

*Located on the campus of San Francisco
Theological Seminary*

Free to all. Donations welcome at the door.
Bring a bag lunch.

*Sponsored by Pacific Center for Spiritual
Formation, in collaboration with the
Interfaith Counseling Center.*

In this age of fast-paced living and continuing stress, contemplative practices can be very practical for one's health and well-being in daily life – and they come in a variety of shapes and sizes to suit individual temperaments and religious backgrounds.

Join us for a day of experiencing several different contemplative practices with a focus on their health outcomes and practical applications.

This practice day will appeal to all who are longing to experience their lives from a peaceful center. It will have special interest to educators, health care and pastoral care professionals working with people who are stressed out, burned out, and/or seeking deeper meaning and wisdom in their life.

Those leading practices for the day have all contributed chapters to the book, *Contemplative Practices in Action: Spirituality, Meditation, and Health* by Plante, T. G. (Ed). They will provide background on each of the contemplative practices, time to experience the meditation, information on its use in health and daily life, and dialogue with participants in the areas highlighted below:

“Translating Spiritual Ideals Into Daily Life: The Eight-Point Program of Passage Meditation.”
Doug Oman, PhD, Adjunct Professor in the School of Public Health, UC Berkeley, and Tim Flinders, MA, author and teacher of contemplative spirituality.

“Centering Prayer: A Method of Christian Meditation for Our Time.” *Jane Ferguson Flout, DMin, commissioned presenter, Contemplative Outreach, Ltd.*

“The Impact of Meditation Practices in the Daily Life of Silicon Valley Leaders.” *Andre Delbecq, PhD, Director of the Institute for Spirituality of Organizational Leadership at Santa Clara University.*

For additional information contact 415.383.2260