

# CENTER<sup>FOR</sup> TRANSFORMATIVE CHANGE

## weekly schedule

### SUNDAY

9am | fearlessYOGA: for activists, allies & agents of change -  
*FREE* class. One week per month will be non-instructed flow.

### WEDNESDAY TO FRIDAY MORNING

6am | fearlessYOGA Warrior Series (*non-instructed flow*)

7am | Sitting Meditation\*

\*Friday mornings include Jo Kata Practice.

### WEDNESDAY EVENING

5:30pm | Sitting Meditation

5:40pm | Jo Kata Practice

6:40pm | Sitting Meditation

### THURSDAY EVENING

6:30pm | newDharma Service

6:40pm | Sitting Meditation w/ Warrior Breathing

7:20pm | newDharma Talk\* or Council\*

8pm | Community Dinner\* | All are welcome

\*Dharma Talk, dinner, and Council are offered once per month.  
Call in advance to confirm.

### MONTHLY & ONGOING

Tuesday - Friday Sitting Garden Open to Public | 12:30 - 2:30pm

Mondays | Social Silence | **Center Closed to Public**

1st Fridays | Fearless Meditation I Workshop | *FREE* | 7-9:30pm

Spring · Winter · Fall | 27 Days of Change: Practice Period

Winter Practice Period | December 1 - 27, 2009

Summer | Annual Inner Justice Intensive: Weeklong Meditation,  
Yoga, Breath and Study Intensive for Agents of Social Change

SIT for Change | Saturday, September 18, 2010

Center for Transformative Change is the first national center entirely dedicated to bridging the inner and outer lives of social change agents, activists and allies to support a more effective, more sustainable social justice movement. Donations welcome.

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free & sliding scale · **no one turned away**

schedule subject to change. call in advance.

2584 Martin Luther King Jr Way · Berkeley CA 94704

888.XSOCHANGE · [www.transformativechange.org](http://www.transformativechange.org)