

CENTER FOR TRANSFORMATIVE CHANGE

weekly **schedule**

SUNDAY

9:30am | fearlessYOGA: for activists, allies & agents of change -
FREE class. One week per month will be non-instructed flow.

TUESDAY TO FRIDAY MORNING

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

7am | fearless Meditation* (*sitting meditation*)

*Friday mornings include Jo Kata Practice.

TUESDAY TO THURSDAY MIDDAY

1:00pm | fearless Meditation* (*sitting meditation*)

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 Garden Open to Public | 12:30 - 2:30pm

Mondays | Social Silence | Center Closed to Public

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

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

Spring Practice Period | March 2 - 28, 2010

Annual Inner Justice Intensive | Meditation, Yoga, Breath & Study
Intensive for Agents of Social Change. July 3 - 10, 2010.

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