

take a stand

SIT for Change

Sunday, September 21st, Noon to 5pm
MLK Civic Center Park
2151 MLK Jr Way, at Center St., Berkeley

Registration Opens: 11 am

"Like King and Gandhi, Suu Kyi and Mandela, Black Elk and Chavez, when our action is rooted in presence, the moment-to-moment skill and grace that comes from being self-aware and connected to purpose, that force of deep inner-knowing guides our every step."

Activists, Meditators, Yogis, Agents of Change: Take a Stand

Held on the **International Day of Peace** and **Fall Equinox**, **SIT For Change** is a celebration and affirmation of the power of Transformative Change: when work for a more just, equitable and sustainable society is championed by individuals and organizations that cultivate compassion and presence as much as they do strategies and campaigns, potential for real transformation -- both personal and social -- begins.

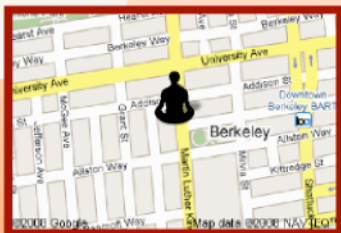
3 Simple Ways to Take A Stand

- 1. PARTICIPATE:** Register as a participant. Commit to sit for one session or all five. Ask your friends, family, neighbors and colleagues to support your commitment with a pledge.
- 2. PLEDGE:** You don't have to participate to support transformative change. Register to make your pledge in solidarity with participants and/or invite others to make a pledge. No amount is too large or too small.
- 3. SIT:** Grab your cushion or blanket and **SIT For Change**. ALL are welcome to enjoy an inspiring day of group meditation, yoga, music, and spoken word.

SIT For Change is a Global Mala Event. **Proceeds of SIT For Change benefit the Transformative Change Fund.** The fund supports activists in cultivating their inner lives to become more effective agents of transformative change.

Peace begins **HERE**.

Take a Stand, **SIT For Change**



ADA Access:

To request disability accommodations, please call 510.549.FREE. At least one week's notice will ensure availability.