



# Interspiritual Peace Meditation

**Meditation in the Park During the Cold Months Now Meets at  
Unitarian Universalist Church of Fresno  
2672 East Alluvial, Clovis, Room 7**

**Saturdays, Feb 26; March 26, April 23, May 28<sup>th</sup>, 9 to 11 a.m.  
Every 4<sup>th</sup> Saturday, October 2010 through May 2011**

**PRACTICE SILENT MEDITATION  
A PATH TOWARD INNER PEACE**

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

Meditation is a precious and practical tool for calming the body and mind and for fostering insight and awareness. Whether your interest is relief from the stress of daily life, deepening an ongoing spiritual quest or practice, or you're simply curious about meditation, please join us on the fourth Saturday mornings of each month. From October through May, we will be dedicated to Interfaith meditation. Teachers of Zen, Raja Yoga and Centering Prayer will share their teachings and practices. Beginner and experienced meditators are welcome!

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

Zen: Rev. Peter Schireson at [peter@kuzanzen.org](mailto:peter@kuzanzen.org)

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



