

The Center for Integrative Psychology

At Alliant International University presents

Mindfulness, Compassion, and Social Change

Please join us for a discussion night on mindfulness, compassion and social justice with two of the most recognized names in Mindfulness teachings, Sharon Salzberg and Larry Ward. The event coincides with the FACES mindfulness conference here in San Diego.



Sharon Salzberg is one of America's leading spiritual teachers and authors. She is cofounder of the Insight Meditation Society (IMS) in Barre, Massachusetts. Sharon has played a crucial role in bringing Asian meditation practices to the West. The ancient Buddhist practices of vipassana (mindfulness) and metta (lovingkindness) are the foundations of her work. She is currently a contributing editor of Oprah's *O Magazine*, and has appeared in journals such as *Time Magazine*, *Yoga Journal*, *Tricycle*, and more as well as on a variety of radio programs. Various anthologies on spirituality have also featured Sharon Salzberg and her work.

Larry Ward is co-author of *Love's Garden – A Guide to Mindful Relationships* with his wife Peggy Rowe Ward. Deeply inspired by Dr. Martin Luther King, Jr., Larry has spent his life committed to non-violent social change, healing, and transformation on a global level. Together with his wife, they direct The Lotus Institute, a nonprofit organization dedicated to cultivating the mind of love through retreats and education. Larry Ward is a leading proponent of Engaged Buddhism in the United States and leads retreats around the world.



Friday, **Oct 8th**, 2010

6:30pm - 8:30pm (Green Hall)

~ Wine and Cheese reception begins at 6:00pm ~

CSPP at Alliant Intl University

Scripps Ranch Campus
10455 Pomerado Road
Scripps Ranch, 92131

There is limited seating for this event. Online RSVP required.

Click www.integrativepsychology.net to RSVP for Reservation, Information and Directions

Students \$10 donation

Faculty/Community member \$15

Discovery, Conversation, Learning, Friendship and Community