

Mindful Peacebuilding

White Awareness Study Group and Listening Circle 2018

Hosted by AJ Johnston, a senior practitioner in the Thich Nhat Hanh tradition

- * Deepen understanding of how race has shaped us as a country
- * Connect what is happening now to our history
- * Explore unconscious bias in a supportive environment
- * Normalize the conversation about racism
- * Identify skills white people need to develop authentic cross-cultural friendships
- * Bring together mindfulness and social action
- * Have a community that can support us in healing racism



Participants in the 2016 White Awareness Study Group

Photo by Max Heiliger

Meetings are Sunday afternoons from 3:30-6pm Oct 7 - Dec 9 (no meeting on Nov 25th) at the Open Way Mindfulness Center, 702 Brooks. Registration closes September 30th. To register or find out more, contact AJ Johnston at pathofmindfulness@gmail.com or call her at 757-331-0052.