

Mindfulness in action: Reconnecting to ourselves and the Earth

*"The Earth is not just our environment.
We are the Earth and the Earth is us.
We have always been one with the
Earth"* *- Thich Nhat Hanh*

Limited places
available

Book to reserve a
space at

www.fatsoma.com

Saturday 23rd September 2-5pm

@ Devonshire collective DC3 Workshop Space,
1- 5 Seaside Rd, Eastbourne BN22 7NA

Addressing environmental issues has been called one of the most pressing issues of our time; from climate change, plastic pollution to mass species extinction in our lifetime, it is clear global efforts are needed. How can we do this without feeling paralysed and overwhelmed?

Inspired by the work of Joanna Macy and through practices such as mindfulness, people are invited to reconnect to themselves, each other and the Earth and explore how this can be translated in action.

Free entry

Refreshments
provided

Donations
welcome



Dharma Action Network for Climate Engagement (DANCE) and Dharma Friends of the Earth are engaged Buddhist groups active on climate change and environmental issues.

