



THE UCSB WOMEN'S CENTER
presents

Caitríona Reed: *Five Changes for a New Millennium*



During these times of great global change, many of us wonder how to make a positive contribution to the world while taking care of ourselves and our many responsibilities. Do we focus our energies on academics or activism? Personal spiritual growth or professional advancement? Money or art? Caitríona Reed, meditation teacher and organizational consultant, will challenge these dichotomies and offer concrete tools for integrating the many aspects of your life purpose. Caitríona's meditation will provide skills for expanded awareness and focus drawn from traditional Buddhist meditation and neuroscience. Her workshop will explore the five changes that can lead to individual and community transformation: 1) Personal development; 2) Non-dogmatic spiritual practices; 3) Social and environmental justice; 4) Real-world financial skills; and 5) Creativity.

Co-sponsored by UCSB Reads, RCSGD, and The XIV Dalai Lama Endowment

Wednesday, April 15
Meditation: 3 pm
Workshop: 5 pm
SRB MultiPurpose Room

For more information or assistance in accommodating a disability, please call the UCSB Women's Center at (805) 893-3778.