



POWER OF A LOVING HEART



A Weekend Intensive of Kirtan & Spiritual Teachings

with **Krishna Das, Sharon Salzberg**
and Special Guest **Lama Surya Das**

This weekend intensive will combine the complementary practices of Kirtan (devotional chanting), loving-kindness meditation, and the wisdom teachings of Dzogchen practice. We will come together to discover and celebrate the power of the heart by cultivating our natural capacity for faith, compassion, and love.

KIRTAN:

Saturday, February 28, 7:30pm

Arlington Street Church, 351 Boylston St., Boston

\$35 in advance/\$40 cash or check at the door

For more info or to purchase tickets:
krishnadas.com



Through these teachings, stories, chants, guided meditations, and question-and-answer sessions, we are led within to find our own inner knowledge and to open to deeper levels of courage and wisdom. No prior experience is required.

WORKSHOP:

Sunday, March 1, 1 to 5pm

Newton South HS, 140 Brandeis Rd., Newton

\$75 in advance/\$85 cash or check at the door

For more info or to register:
newtoncommunityed.org or call 617-559-6999

Krishna Das sharing his own experiences about the spiritual path and his time with his Guru, Neem Karoli Baba.

krishnadas.com



Sharon Salzberg discussing her experiences with meditation practice and how it can allow us to transform our worldview from one of isolation and confusion to one of connection, clarity, and compassion.

sharonsalzberg.com



Surya Das offering insights into the awakening practices and wisdom traditions he has encountered along his spiritual journey.

surya.org



Presented by Newton Community Education
in partnership with Pilgrim Heart Inc., Sharon Salzberg, and the Dzogchen Center.