

# 24-HOUR PEACE VIGIL

Come and join us at Heartwalker Studio, in the heart of the Temescal District of Oakland, for a 24-hour Peace Vigil.

Whether you come to meditate for 24 hours, or 24 minutes, or 24 seconds, your contribution will send prayers of peace and cooperation to the city of Oakland, across the country and around the world. This event is one of thousands taking place in September to celebrate the United Nations International Day of Peace on September 21.

## SCHEDULE OF EVENTS

### **Friday, September 10**

- 7:00 pm Start of Vigil – Meditation and Heart Labyrinth
- 7:30 pm Invocation – various speakers
- 8:30 pm Musical performances, including Manar Azreik
- 10:00 pm Vigil continues

### **Saturday, September 11**

- 7:00 am Yoga all levels, Brennan Taylor
- 9:00 am Yoga all levels, Ken Breniman
- 11:00 am Class/demonstration of Universal Qi Gong, Tian Gong
- 1:00 pm Class/demonstration of Peokoelan, Indonesian martial art (great for kids!), Studio Naga
- 2:00 pm Talk on Respectful Confrontation, Joe Weston
- 3:00 pm Various musical and poetry performances, including Chris Hanson, Silence the Violence
- 6:30 pm Closing ritual
- 7:00 pm End of Vigil

\* all classes and talks run maximum 60 minutes

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