



24-HOUR PEACE VIGIL

SEPTEMBER 10, 7 PM – SEPTEMBER 11, 7 PM

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. Our aim is to always have at least one person meditating for the entire 24 hour period!

This event is one of thousands taking place in September to celebrate the United Nations International Day of Peace on September 21.

ALONGSIDE THE VIGIL, THE 24 HOURS WILL BE FILLED WITH:

- ◆ A HEART LABYRINTH
- ◆ YOGA CLASSES
- ◆ DEMONSTRATION AND CLASS OF POEKOELAN,
an Indonesian martial art (great for kids!)
- ◆ MUSIC AND PERFORMANCE
- ◆ TALKS AND LECTURES
- ◆ PRAYERS AND INVOCATIONS
- ◆ REFRESHMENTS DONATED BY LOCAL MERCHANTS

Get in touch if you have any questions and to find out the schedule, or just stop by any time during the 24 hour period. This event is a co-production with **Heartwalker Studio**,

Heartwalker Peace Project and **Heartbeat of Oakland**

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