

Relevant to our times . . .

## ***Equanimity***: Living in the Eye of the Storm

*Equanimity is likened to the eye of a storm, offering refuge from fear and reactivity while maintaining a calm, engaged presence.*

*Equanimity relieves anxiety in the face of uncertainty - supporting the possibility of living in peace and forgiveness with that which cannot be changed.*

### July 2016 Mini-Residency at AVS Rosemont Center



with

## DaeJa Napier

Thursday, July 14, Dharma Talk - 6:30 p.m.

Saturday, July 16, Daylong Retreat – 10-4:00 p.m.

Sunday, July 17, Inquiry and Discussion – 10-1:00 p.m.

\*\*\*\*Please bring lunch for yourself on Saturday. Chairs and cushions will be available. Bring what else you may want for your best comfort.

Event will be held at the AVS Rosemont Center,  
200 Rosemont Avenue, NE, ABQ, NM 87110  
(near Mountain Road and Broadway Street).

Contact: Fred Herman PH 275-3983 or email  
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