

Peace is Every Step: Walking Meditation for International Peace Day

5:30 to 7:30, By Donation. Walking meditation is a practice of being present. It reminds us to slow down, breathe, and smell the flowers, as we enjoy the essence of life blooming all around us. When we walk mindfully we see with new eyes, hear with awakened ears, and experience the joys of simply being. Walking meditation reminds us that peace is not an external place we seek, but an internal way of being. Thus it is always available to us even when external conditions seem most difficult. Peace is available every step. Please join us this September 21st on International Peace Day for walking meditation.

This experience is offered in gratitude to all beings. Donations will be accepted for creation of a “Shanti Stone” (Peace Stone) for the new Blue Heron Yoga Shala as a reminder to all of why we practice.

Judy Grier will lead the Meditation Walk. At 6:30, we will reconvene for yoga practice led by Diana Tigerlily.

Wear comfortable shoes for walking and loose-fitting clothing for yoga practice. You may wish to bring water and possibly bug spray.

5:30 pm - 7:30 pm

Meet in the Blue Heron Gazebo at Mandala Gardens

1704 N. State St.

Marion, IL 62959

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Judy Grier, RN, LMT, E-RYT 500, is a registered nurse, licensed massage therapist, experienced yogi, and a Reiki master. She graduated from The Natural Health Institute in Nashville, Tennessee, with a degree in massage therapy and is currently licensed as a massage therapist in Missouri. Her practice focus is on decreasing chronic stress and tension through eastern energy balancing techniques of Reiki and Massage Therapy

Diana Tigerlily, Ph.D., RYT 500, and co-creator of Mandala Gardens, home of Blue Heron Yoga and Mother Oak Sanctuary, creates a safe space for students of all levels to experience optimal harmony, centered awareness, and empowered recognition of their fullest selves. She teaches yoga classes at Blue Heron Yoga. She offers private yoga lessons, private holistic consultations, and Reiki.