



Interested in joining an Ongo group?

Fortnightly Fridays @ 7.30 - 9pm

Union St Wellbeing and Yoga
Centre, Erskineville

Start date: Friday 25th May....We are a group of ordinary people wanting to develop our ability to be nonviolence, by learning practices like mindfulness meditation, Nonviolent Communication, gratitude, forgiveness, and more. We will meet fortnightly for twelve sessions, to study and practice. The group will be collectively led, using the guidance offered in *The Ongo Book: Everyday Nonviolence*, which contains a full course of training for people like us. You will need to purchase your own copy of the book before the starting date, which can be bought locally in Newtown (\$25 not incl. postage). Contact Kate Raffin kate@kateraffin.com. No prerequisites needed other than a willingness to be open to the journey.

Contact: Caroline: caroline_strong@yahoo.com.au ph: 0410353539

Marina: marina.metta@gmail.com ph: mobile is 0404055713

To find out more about the book we're using, go online to www.zenvc.org/ongobook.

("Ongo" is short for "ongoing" – we understand that peace, compassion, and wisdom are ongoing practices in one's life, not things that one just "gets". In that spirit, we will be supporting one another to practice in our daily lives.)