

Center for Urban Peace
presents



take a stand

SIT for Change

1st Annual Sit-A-Thon

group meditation • music • yoga • spoken word

Proceeds benefit Transformative Change Fund

Sunday, September 21, 2008
noon - 5pm

Registration Opens at 11am • Minute of Silence EXACTLY at noon

at **MLK Civic Center Park**
Downtown Berkeley, corner of MLK Way & Center Street
easily accessible by Bart & AC Transit

All are welcome

Special Guests & Performances by:



Spiritual Director
Center for Urban PEACE
Rev. angel kyodo williams



Internationally
recognized Poet,
Activist and Professor
Drew Dellinger



Soul Singer-
Songwriter
Carvell Wallace



soulful, meditative, sublime
PremaSoul



"Best of the East Bay"
Slam Poet
Aya De Leon



Yoga Instructor
**Richelle
Donigan**



Acoustic Guitarist
Taber Shadburne



ADA Access:

To request disability accommodations, call 510.549.FREE. At least one week's notice will ensure availability.

Call toll free 1 866.PEACE 2008 • <http://urbanpeace.org>