



Insight Meditation
Community of Washington

INSIGHT ON THE INSIDE

invite you to a community forum:



Community Meditation and Restorative Conversation

Sat., April 16th, 4 - 5:30 p.m.

Location: Yoga Heights, 3506 Georgia Ave. NW, DC
2 blocks south of Petworth Metro Station on 70 bus line

Join a discussion led by individuals and family members directly impacted by or involved in the criminal justice system. Share mindfulness practices to restore personal balance and open-hearted healing for the challenges affecting our entire DC/Md/Va community.



facebook.com/groups/justiceinbalance



@justiceIBDC

justiceinbalance@gmail.com

Insight on the Inside supports the mindfulness and meditation practices of incarcerated men and women and those transitioning from incarceration into our communities. We currently offer weekly meditation and mindful movement classes in correctional facilities in Montgomery, Prince George's, and Arlington Counties, the District of Columbia, and Alexandria.

Contact us for transportation funding assistance!

IMMEDIATE OPENINGS: RESTORATIVE JUSTICE FACILITATORS



Have you directly experienced

street or institutional violence?

police, prison or court contact?

hope for community-based reconciliation?

Your stories are valuable and so is your leadership!

Justice in Balance provides training and pays **\$\$\$**
for men and women to help lead meditation and
discussion groups across the DC Metro Region.

Call 202-834-0399 or e-mail

justiceinbalance@gmail.com to get started!