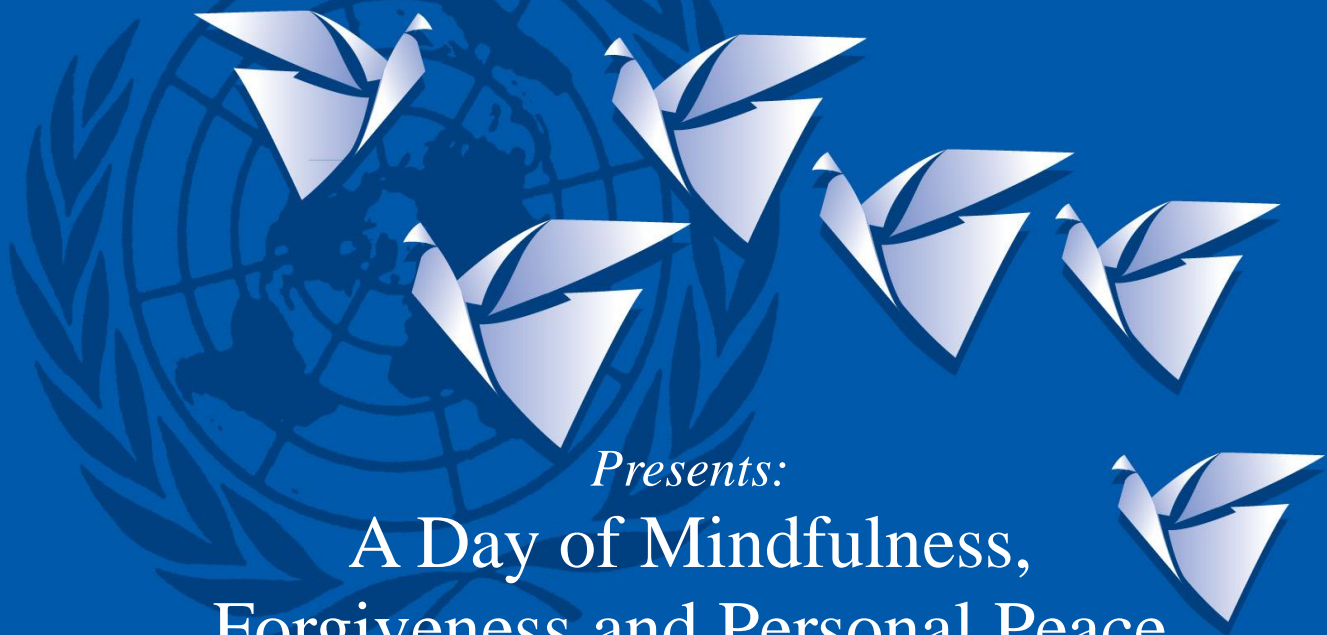


6th Annual
Parade & Festival for the
United Nations International Day of Peace



Presents:

**A Day of Mindfulness,
Forgiveness and Personal Peace**

Peace Day: Friday, September 21, 2012 - 9:00 am-3:00pm

Waianuheia Bed & Breakfast, Ahualoa / Honoka'a, Big Island

Session will be lead by

Reverend Mary David, Mililani Hongwanji Buddhist Temple (Oahu).

Special guest, Ms. Elizabeth Reveley (Oahu)



As opposed to meditation,
"mindfulness" is a practice of
paying careful attention to what is
happening in the present moment—
including sensations, sounds,
smells, visual images, emotions and
thoughts. It can be done any time,
while engaged in any kind of
activity, but a quiet natural setting
promotes more complete relaxation
and focus.



45-3503 Kahana Road (Driving directions: <http://waianuheia.com/graphics/directions.pdf>)

Registration at 9:00 am. Advance Registration is required.

\$35 includes vegetarian lunch: green or pasta salad, roasted vegetable wraps, chips, fruit and cookies for dessert. Catered by Waianuheia Bed & Breakfast.

Further info at www.peacedayparade.org, or email info@peacedayparade.org.

Photos courtesy Waianuheia Bed & Breakfast.