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## **Tools For Peace Mandala Workshop**

**Anchorage, Alaska**

Facilitated by

**Marilyn Stoner, RN, Ph.D., Jamie Price and Linda Maxwell**

**Date: Friday, June 27, 6-9pm; Saturday & Sunday June 28 and 29, 2008, 9-5pm**

**Place: Providence Cancer Center Board Room; 2nd Floor; 3851 Piper Street, Anchorage**

### **Fees and Registration**

\$275. plus \$39.99 for TFP workbook (available on-site)

\$16. two lunches available through Providence catering

\$10. Continuing Education Credits (16) are available through Alaska Psychological Association (AK-PA) for participants who attend the entire workshop. Marilyn Stoner is also approved by the California Board of Registered Nursing, Provider # 00352877, for 16 Contact Hours.

*[AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. Tools for Peace maintains responsibility for the program. This program is co-sponsored by Tools for Peace; the Alaska Psychological Association; and the Alaska Association for Marriage and Family Therapy (AkAMFT)]*

This is a small workshop and will fill quickly. Persons who register first will be given priority.

**To register, please call Leon Webber at 907-360-3111** Instructions for fees will be given at that time.

### **Description**

This workshop is designed for adults and professionals who work with others in a healing capacity. Tools for Peace offers methods, strategies and actions to transform negative emotions, understand the nature of suffering; increase our own capacity for peace and to deepen our ability to benefit others. For more information on the TFP program see these websites:

<http://www.toolsforpeace.org/>

<http://www.youtube.com/watch?v=UKY9kgjLT2U>

### **Learning Objectives**

Using the Personal Mandala Workbook as a guide, program participants experience transformation through an innovative combination of activities including: mindfulness & meditation; artistic expression (drawing a personal mandala); reflective writing; discussion; movement – yoga and tai chi.

Participants will explore how to apply Tools for Peace within the context of their own lives and practices in a supportive and encouraging atmosphere. Please wear comfortable clothes, and bring a meditation cushion. Materials will be provided.

## **About Tools for Peace**

The Tools for Peace™ program was founded by The Venerable Lama Chödak Gyatso Nubpa in an effort to provide everyone with practical methods to cultivate compassion, peace, and well-being.

Lama Gyatso fled Tibet in 1959 at the age of eight. Inspired by his early monastic training, Lama Gyatso's focus during this difficult escape was to neutralize any feelings of anger and hatred and cultivate compassion in their place.

This innate understanding of compassion, combined with his traditional training and modern education, led him to his post as Chairman of the Tibetan Congress in exile. While serving the Tibetan community in exile (1979-1990), Lama Gyatso developed and directed programs to preserve and promote Tibetan culture, spirituality, and human rights.

Lama Gyatso moved to the United States in 1992 and continues to serve as spiritual director of Chagdud Gonpa T'hondup Ling (in Los Angeles, California). Lama Gyatso is the Chairman and founder of The American Foundation for Tibetan Cultural Preservation: Ari Bhöd, which he hopes will aid in preserving the most priceless aspect of Tibetan culture, "that which can bring peace to humanity."

For more about Lama Chödak Gyatso Nubpa see: [www.aribhod.org](http://www.aribhod.org) and [www.thondupling.org](http://www.thondupling.org)

## **About the Presenters**

**Marilyn Stoner, RN, Ph.D.** Marilyn's interests in Tools for Peace are a reflection of her commitment to social justice and work as a nurse. Marilyn works in several countries, assisting people who are dying and helping others to understand the dying process.

**Jamie Price, J.D.** left the ranks of Fortune 500 America in 1997 with the intention of creating positive change in our world. Since then she has worked to establish the American Foundation for Tibetan Cultural Preservation and its imprint program, Tools for Peace™. Jamie is the Chief Editor of the Tools for Peace Personal Mandala Workbook.

**Linda Maxwell** is Co-Executive Director and Co-Founder of We Care for Youth, a California not-for-profit dedicated to the well-being of youth and their families. She has been teaching methods of non-violence and violence prevention since 1991.