



NO PEACE, NO JUSTICE:

Everyday Mindfulness Practices to Help Disrupt Bias and Challenge Inequity

The need to challenge racial and cultural inequity and injustice and address implicit and explicit bias feels more urgent than ever before. How do we challenge the laws, policies and practices that will surely flow from the vitriolic racist, sexist, homophobic, Islamophobic, and xenophobic rhetoric of the incoming administration? How do we sustain our work to support social justice movements and inspire future social justice lawyers and leaders? How do we cultivate awareness, compassion and equanimity in ourselves and inspire them in others? Like honing any skills, it takes practice. During this workshop we will explore anytime, anywhere mindfulness practices to build our focus and compassion and reflect on how they can help disrupt bias and challenge injustice in ourselves, others and institutions.

With Tirien A. Steinbach
Executive Director
East Bay Community Law Center



Saturday, January 7, 2017

1:00 – 2:30 p.m. (Room 2201)

Followed by reception at 2:30 (2nd Floor Lobby)

Golden Gate University School of Law

536 Mason Street
San Francisco, CA 94105

Registration is required. Event is free but seats are limited.