



A H I M S A C E N T E R
NONVIOLENCE IN THOUGHT AND ACTION

California State Polytechnic University, Pomona • College of Letters, Arts & Social Sciences

Shankar and Malathi Narayan Public Lecture on Nonviolence

Stacy Sims

My Journey to Mindfulness & Connectedness

June 23 (Sunday), 2019. 5:30-8:00 p.m.

Bronco Student Center, Ursa Minor Room

Stacy Sims will share the story of her journey through anxiety and addiction to a life of connectedness. Her experience in both unwellness and wellness deeply inform her projects. Integrating the practice of mindfulness, movement and meditation, she “helps individuals reclaim ease” and their sense of being. The talk will be followed by Q & A and Dinner.



Stacy Sims is an author, a wellness activist, and a body-mind educator. She is the founder of [True Body Project](#), an award-winning program for addressing trauma; [City Silence](#), an initiative aimed at mindful gatherings; and [Mindful Music Moments](#), an afterschool program featured in the PBS Newshour recently. Ms Sims has authored Children’s Books, Novels and Plays. Her most recent works include: *When We are Quiet* and *the Vivian Girls*, a play with music. She works with clients on addressing trauma, provides leadership trainings on the

True Body Project methodology, and is working to grow the Mindful Music Moments, as a program for both schools and health care systems. For more visit www.stacysims.net

RSVP to ahimsacenter@cpp.edu by June 18, 2019.

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