

Everyday Addiction: Healing the Habits of Life

With Kevin Griffin

March 17, 2012, 10am-5pm

a.Muse Gallery, 614 Alabama St, San Francisco

In this daylong workshop we will look at the issues that trouble us in our daily lives, both internal and external. Here's what we will cover:

- We will explore self-judgment and painful emotional habits;
- We will work with letting go of the habitual behaviors that undermine our happiness and serenity;
- Using themes like honesty, intention, and acceptance, we will come to understand the roots of our distress and develop tools to overcome and heal these persistent problems.

The day's teaching will include mindfulness meditation techniques and Buddhist/12-Step parallels.

The gallery is less than a mile from the 16th St. Mission BART stop in San Francisco.

There is no fee or registration for the workshop. The day is offered in the spirit of dana, or generosity. You will have the opportunity to offer donations to Kevin and to a.Muse Gallery.