

Easing Into the Bhagavad Gita

with Kimberly Beyer-Nelson

Monday – May 13

7:00 - 9:00 pm

Between two great armies, a charioteer and his royal passenger halt. As the conch shells sound, calling all to battle, Arjuna the prince and archer, lays down his bow in sorrow.

Stepping down from the chariot, he looks up into Krishna's face, utterly dejected, but still able to speak the most important words of his life: "Teach me, Krishna, how I am to live my life faced with all of this."

What follows is the timeless work we have come to know as simply *The Gita*.

This simple introduction to the *Bhagavad Gita* will ease you into this ancient text.

The course will be based on dialogue and experiential learning that will make the content come alive. It is very helpful to read a copy of the *Gita* before hand and bring it along to class.

Cost:

\$20 requested donation
(No one will be turned away for lack of funds)

Location:

Suquamish UCC Church
18732 Division Ave NE
Suquamish, WA 98392

www.SoundSpirit.org
or call (360) 598-4434



Kimberly Beyer-Nelson

holds a master's degree in comparative religion and has been a meditation, qigong and yoga instructor for twenty years.

Her non-fiction books include: *Easing into the Bhagavad Gita and Patanjali's Yoga Sutras*; *A Little Book of Wholeness and Prayer: An Eight Week Meditation Companion*, and *At Matthew's Knee: A Poetic Commentary on the Gospel of Matthew*.

She is currently working on a book of poetic meditations around the many names of God, as well as a work that explores the Vedantic tones present in the Gospel of Thomas.

The mission of Sound Spirit is to awaken and nurture the deepest yearnings of the human spirit through events, classes, and conversations in a supportive community.



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