

# Albany Peace Project

## Final Meditation and Peace Festival Celebration

**When and Where?**  
Friday, August 9, 2019  
5:30-7:00pm

Final meditation from 7:00-7:15pm

**Lincoln Park**

**Rain Location:**

Trinity Alliance  
15 Trinity Place, Albany, NY



**Join us for free self-care and stress relief activities, an ice cream social, free dinner, and a chance to win raffle prizes! (free CDTA rides, a bicycle, a stress relief basket, and more!!)**



The **Albany Peace Project** brings peace to individuals and communities.

Meditation is a way to feel at peace, even during challenging times.

Support peace in your community by attending more fun events listed on the other side of this flyer.

Sponsored By



Kid friendly events (including ice cream socials) are **Wednesday, August 7 and Friday August 9 at 6:00 PM**

# Albany Peace Project Schedule - August 3-9, 2019

## Saturday, 8/3

**7am** - Meditation at Lark Street Yoga, 351 Hudson Ave, Albany

**10:30am** - Official Peace Week Kickoff at Albany City Hall, Peace March to Albany's South End for meditation and meal

**6:45PM** - Music, meditation and uplifting movie: Rooted In Peace - Unity Church, 21 King Ave

## Sunday, 8/4

**7am** - Meditation at Lark Street Yoga, 351 Hudson Ave, Albany

**12:00pm** - Meditation at Unity Church, 21 King Ave, Albany

**6:15pm** - Outdoor Yoga at Lincoln Park, 228 Eagle St, Albany

**7:00pm** - Meditation for peace in Lincoln Park, 228 Eagle Street, Albany

## Monday, 8/5

**7am** - Meditation at Yoga Loft, 540 Delaware Ave,

**11:45pm** -Heart Coherence demonstration followed by Meditation at Albany City Hall at 12:00pm

**12:00pm** - Meditation at Howe Library

**6:15pm** - Outdoor Zumba at Lincoln Park, 228 Eagle Street, Albany followed by meditation

**7:00pm** - Meditation for peace in Lincoln Park, 228 Eagle Street, Albany

## Tuesday, 8/6

**7am** - Meditation at Yoga Loft, 540 Delaware Ave, Albany

**12:00pm** - Meditation at SNUG office, 341 Clinton Avenue, Albany

**12:00pm** - Meditation at Howe Library, 105 Schuyler St, Albany, NY

**6:15pm** - Outdoor Yoga at Lincoln Park, 228 Eagle Street, followed by meditation

**7:00pm** - Meditation for peace in Lincoln Park, 228 Eagle Street, Albany

## Wednesday, 8/7

**7am** - Meditation at Yoga Loft, 540 Delaware Ave, Albany

**12:00pm** - Meditation at SNUG Office, 341 Clinton Avenue, Albany

**12:00pm** Meditation at Howe Library, 105 Schuyler St, Albany, NY

**6:00pm** - Peace Party! Multiethnic jazz band, HEARD, with west African dancers leading community dances and Make Your Own Ice Cream Sundaes

**7:00pm** - Meditation for peace in Lincoln Park, 228 Eagle Street, Albany

## Thursday, 8/8

**7am** - Meditation at Yoga Loft, 540 Delaware Ave, Albany

**12:00pm** - Meditation at SNUG Office, 341 Clinton Avenue, Albany

**12:00pm** - Meditation at Howe Library, 105 Schuyler St, Albany, NY

**6:15pm** - Outdoor Yoga at Lincoln Park, 228 Eagle Street, Albany (followed by meditation)

**7:00pm** - Meditation for Peace in Lincoln Park, 228 Eagle Street, Albany

## Friday, 8/9

**7am** - Meditation at Yoga Loft, 540 Delaware Ave, Albany

**12:00pm** - Meditation at Howe Library, 105 Schuyler St, Albany, NY

**5:30 pm** - Peace Week Closing Celebration with self-care activities and Make Your Own Ice Cream Sundaes - Thank you to Stewarts and Wellness Advocates Linking Communities (WALC) Program!!!

**7:00pm** - Meditation for Peace in Lincoln Park, 228 Eagle Street, Albany

**EVENING EVENTS RAIN LOCATION: Albany Recreation Department: 7 Hoffman Ave, Albany**

**Participate from home by registering at: [PeacefulCities.org](http://PeacefulCities.org)**