

*The Boulder Valley Unitarian Universalist Fellowship presents*



# The Way of the Spiritual Warrior

*Living with Courage, Compassion and Joy*



A Daylong Workshop with David Chernikoff

**Saturday, October 21<sup>st</sup>, 2017 - 8:30a- 4:30p**

**ABOUT:**

We're living in a time when courage, compassion, and joy are more needed than they've ever been before on our beautiful and fragile planet. Those of us who aspire to live lovingly and wisely are challenged at this time to creatively blend the *insights* of contemplative practice with the *actions* of engaged spirituality. In this workshop, we'll explore skillful ways to maintain our balance in the face of daily news reports that leave many of us feeling shocked and disheartened. This event is an invitation to join a supportive learning community in which each of us will attune to the ways Life is currently calling us to contribute to the wellbeing of the whole. There will be short talks, guided meditations, interactive exercises, and opportunities for sharing. When it's over, we'll renew our commitment to be of service and we'll understand what the Buddha meant when he spoke of "the sweet joy of the way."

**WHERE:**

**Boulder Valley Unitarian Universalist Fellowship (BVUUF)  
1241 Ceres Drive / Lafayette, CO 80026**

**COST:**

\$60. There will be a limited number of partial scholarships. Please ask Larry LaVerdure for details.

**FOOD:**

A light breakfast, snacks, and beverages will be provided. Please bring a sack lunch. This will help to keep the workshop affordable. Lunch will not be provided.

**REGISTRATION:**

For more information and / or to register, please contact the registrar, Larry LaVerdure at [larry.laverdure@gmail.com](mailto:larry.laverdure@gmail.com) and put "October workshop" in the subject line or call him at (720) 985-3375.



**David Chernikoff, M.Div, LCSW**, A student of meditation since 1971, David has completed the Community Dharma Leader training at Spirit Rock Meditation Center and has been teaching Insight Meditation since 1988. His teaching has been influenced by senior teachers from the Insight Meditation Society and Spirit Rock, Tibetan teachers he studied with during a 3-year stay in Nepal, and spiritual guides from other contemplative traditions, most notably Ram Dass, Father Thomas Keating, and Rabbi Zalman Schachter-Shalomi. David taught meditation and psychology at Naropa University for many years and currently has a private practice as a spiritual counselor and life coach in Boulder. He teaches workshops and retreats throughout the U.S. ([www.davidchernikoff.com](http://www.davidchernikoff.com))



**Boulder Insight Meditation | [www.insightcolorado.org](http://www.insightcolorado.org)**