

**A Public Talk**

**with**

**James Baraz,**

**author of**

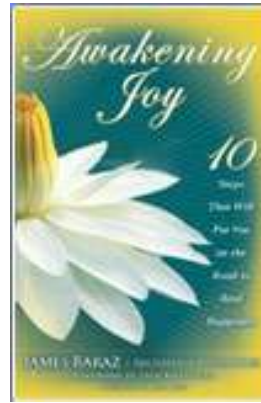
***Awakening Joy***

Sunday, March 7, 2010

2-4 p.m.

First Unitarian Society  
900 University Bay Drive  
Madison, WI

\$5 at the door



Sponsored by First Unitarian Society of Madison

Spirit Rock Meditation Center teacher, James Baraz will give a public talk in Madison in coordination with the release of his new book, *Awakening Joy*. Copies of the just released book will be available for purchase and signing at the event.

In this talk James will discuss the importance of joy in one's spiritual life and explore themes from his 10-month online Awakening Joy course. The new book will provide the text for this popular course about how to develop one's natural capacity for well-being and happiness. The talk will be suitable for meditators and non-meditators alike, so invite any family or friends that would be interested in cultivating great joy in their lives.

To learn more about James Baraz or to read articles by him, go to <http://www.awakeningjoy.info/teacher.html>