

Compassion and Joy

from

Christian and Buddhist Perspectives



Andrew Dreitcer & James Baraz

January 13, 2013

A Benefit Workshop for Wellspring Institute for Neuroscience and Contemplative Wisdom

On Sunday, January 13, 2013, Andrew Dreitcer, Ph.D. Associate Professor at Claremont School of Theology, and James Baraz, co-founder of [Spirit Rock Meditation Center](#) and author of [Awakening Joy](#), will co-lead a four hour workshop – [Compassion and Joy from Christian and Buddhist Perspectives](#) – in San Rafael, CA.

This is a benefit for the nonprofit Wellspring Institute, which publishes the [Wise Brain Bulletin](#), offers all the great resources at [WiseBrain.org](#), and hosts the [Skillful Means wiki](#) (methods for psychological and spiritual growth).

Hosted by [Rick Hanson, Ph.D.](#), the workshop will include presentations, discussion, and internal experiential practices. Topics include:

- The common ground of two profound wisdom traditions
- Opening the heart without getting drained
- How happiness and love increase inner strength, health, and effectiveness
- Connecting personal spirituality with worldly action

The workshop will happen at the beautiful Showcase Theatre in the Marin Civic Center in San Rafael, just 20 minutes north of the Golden Gate Bridge, from 9:30 am – 1:30 pm. Registration is \$50. (No one will be turned away for lack of funds and scholarships are available – go to <http://www.wisebrain.org/compassion-and-joy-workshop> to apply.)

Tickets are available via the Showcase Theatre box office. To purchase tickets, go to: <http://tickets.marincenter.org/eventperformances.asp?evt=55>