



# Join us!

at the  
Center for Contemplative Studies



Rebooting, reconnecting, and building resilience.

## Blending Meditation and Drama

Saturday 12 February 2022 • 10am to Noon • On Zoom



**Charru Sharma**, Fulbright Visiting Faculty at the Graduate School of Education at PENN, from University of Delhi, India. Charru has conducted over 50 international workshops and delivered lectures globally. She has also been an associate of the Taos Institute, USA. She is on the editorial boards of several international journals. Her publications include an edited book, *Drama and Theatre with Children: International Perspectives*, which was published by Routledge, UK, in 2016.

### Now you can try it out!

Dr. Sharma's work integrates drama, mindfulness, and self-reflection techniques to enhance the social and emotional development of elementary school children.

Come hear about her experiences—and outcomes. And then try these techniques under her guidance. Get the same insights as the educators, administrators, and policymakers who become part of her project, blending creative drama, meditation, mindfulness, and compassion to help you build resilience and ease you into wellbeing.

**Reserve your place: Email [ccs@wcupa.edu](mailto:ccs@wcupa.edu)**

