

## FROM FEAR TO FREEDOM



This is a six week course which will focus on the dynamic of fear as it is experienced by us individually and collectively. We will examine fear from various perspectives - biological, psychological, sociological and spiritual. By learning to understand and face our fears, we will discover our way into freedom and courage.

Dates: Six Sundays from March 5 - April 9th  
Time: 12:30-2:00 pm  
Location: Vista Grande Community Church  
5460 N. Union Blvd., Colorado Springs, CO 80918

Minimum Suggested Donation: \$15.00/class or \$60 for all six classes

About the instructor: Ayya Dhammadhira (Sister "D") is an ordained Buddhist nun who is interested in opportunities that develop inquiry and connection amongst folks from various walks of life. She is part of a non-profit organization called Web of Connection whose aim is the integration of spirituality, sustainability and community.