



Inner peace creates the stability we need to contribute to social change.

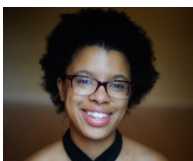
Join Author and Wellness Teacher Nicole Taylor for a discussion on tools for cultivating inner peace, followed by a guided meditation. You'll discuss:

- Tools for cultivating inner peace.
- How inner peace can help us serve our community.
- A guided meditation to support a balanced nervous system.

Tuesday, September 15, 2020

6 to 7 PM ET

This event is part of Peace Day Philly 2020, September 15-21. [Peacedayphilly.com](https://www.peacedayphilly.com).



Nicole Taylor is the author of [A Joyful Pause: 52 Ways to Love Life](#). Using a blend of meditation, yoga, mind/body awareness, and Ayurvedic principles, she facilitates transformative offerings on inner peace. She is a certified yoga and meditation teacher, a Conscious Living Coach, and an Ayurvedic Health Counselor.