



Women's International League for Peace and Freedom

REGISTER NOW FOR

**HARVESTING INNER PEACE AND WISDOM:
FOR THE EQUINOX AND INTERNATIONAL PEACE DAY**

Towards Activists' Self-Care, Relaxation, and Gratitude – 90 minutes for you!



Photo Credit: Stephan

Saturday - September 21, 2024
12 pm ET / 11 am CT / 10 am MT / 9 am PT
Suggested Donation - \$20

Featuring:

Starhawk

Ecofeminist-Author-Activist

with Della Z Duncan & Ruby Woods

[REGISTER HERE](#) (\$20 Suggested Donation/\$5 minimum) to get link!

[Women's International League for Peace and Freedom, US Section](#) is thrilled to present the award-winning eco-feminist and pagan author, activist, and permaculture teacher, [Starhawk](#). In honor of the Fall Equinox and International Peace Day, Starhawk will join us with ideas and techniques that can help us **appreciate this time of harvest and reaping the achievements of our activist work**. Acknowledging what our activist efforts have truly achieved, helps renew us during this challenging election season!

We yearn to **REST**, to **RELAX**, to be **GRATEFUL** and to **CONNECT...** to just **BE**.

***REFLECT and RENEW with this unique virtual offering
for the EQUINOX...for INTERNATIONAL PEACE DAY!***

90 minutes to take care of YOU...

September is also Self-Care Awareness Month, and WILPF US wants to recognize that! We encourage your rest and rejuvenation during these extraordinary times.

WITH...



[Della Z Duncan](#) is a renegade economist who supports individuals to better align their values with their work. She is also a [Senior Atlantic Fellow of Social and Economic Equity](#) at the London School of Economics and hosts the Upstream podcast which challenges traditional economic thinking. She'll conduct an experiential exercise to help create mindful presence in our activist work during the Great Turning.



Ruby Woods is a singer, songwriting, poet/ritualist. She also has decades of experience as a Massage Therapist and a Reiki practitioner. She co-organized Women Walking Woodward for Peace from 2012-2023, won a 2021 Knight Arts Challenge Grant, and is Co-Chair for Great Lakes Bioneers Detroit. She will share personal insights on the theme: ***How the Head, Heart and Hands Can Be Your Guide***.