



## **Foundational Spiritual Practices: Paths to Joy**

Online | 4:00pm Eastern time

### **Forgiveness as a Path to Joy | Sunday, March 20, 4 – 5:30 pm ET**

Explore the four-fold path of forgiveness as we learn how to forgive not only others, but also ourselves.

### **Compassion as a Path to Joy | Sunday, April 3, 4 – 5:30 pm ET**

The Dalai Lama has said that a daily practice of cultivating compassion is the single most important thing we can do to change the world. Explore ways to practice compassion to better love our neighbors and ourselves.

### **Laughter as a Path to Joy | Sunday, May 1, 4 – 5:30 pm ET**

Learning to laugh at ourselves helps us learn to laugh at life. Join us as Diane Cohen leads us through a session of Laughter Yoga to bring a sense of playfulness and joy into your life.

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Links to information and registration: <https://cathedral.org/centerforprayer/events-workshops/>

Free/pay-what-you-will. Options available in the drop down menu in registration.

Email Terri Lynn Simpson at [tsimpson@cathedral.org](mailto:tsimpson@cathedral.org) for more information.

**Offered by the Center for Prayer and Pilgrimage at Washington National Cathedral**