



## Foundations Course Part 1: BePeace Practice Creating Peace in Yourself

Presented by Paula Guarnaccia  
Certified BePeace Teacher  
& HeartMath Educator



Discover how to transform your response to stress and create a more peaceful way of being & relating.

- Maintain emotional balance, even in times of great turmoil and stress
- Think more clearly and tap into your intuition more reliably
- Stop stress in just 60 seconds and find release from worry, anger, and depression
- Enrich your own life and help create a more peaceful world

*Lectures are followed by experiential exercises in small groups, so that every participant has an opportunity to practice BePeace skills.*

*Continuing Education credit available.*

### Sept 29 & 30

Saturday, 9am-5pm

Sunday, 1-5pm

Unitarian Universalist  
Church of Ellsworth

121 Bucksport Road

\$149 early rate/\$199 regular

*Register before Sept. 15  
and save \$50*

*BePeace is a practice of coherence through appreciation and connection to universal needs through empathy and honesty.*



This course is taught at the UN University for Peace in Costa Rica and this year in Ellsworth!

Questions: Call Lynn at (207) 491-5064  
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To register visit: [www.rasurinternational.org](http://www.rasurinternational.org)