

Press Release Wake Up

FOR IMMEDIATE RELEASE

Transforming Climate Anxiety: A talk by Sr Annabel, Zen master Thich Nhat Hanh's senior western monastic, followed by a workshop for climate activists.

London, UK – In these troubling times we all yearn for a better world. But many of us feel powerless and uncertain what we can do. Thich Nhat Hanh (Thay) is blazingly clear: there's one thing that we have the power to change—and which can make all the difference: our mind. How we see and think about things determines all the choices we make, the everyday actions we take (or avoid), how we relate to those we love (or oppose), and how we react in a crisis or when things don't go our way.

On June 11th, 2023, join Sister Annabel, an English nun and senior teacher in Plum Village, France, for a public talk at Conway Hall, followed by a workshop on Healthy Climate Activism.

This talk by Sister Annabel offers us a path forward, opening us to the possibilities of change and how we can contribute to the collective awakening and environmental revolution our fractured world so desperately needs.

The workshop, led by monastic students of Thich Nhat Hanh, will focus on how to keep your activism flame alive, prevent climate burn-out, and act from a place of love rather than anger. Participants will learn about the importance of self-care, rest, and community, and practice several meditation techniques to cultivate a deeper connection with Mother Earth.

Tickets for the talk and workshop can be purchased separately, and spaces are limited, so early booking is recommended. This is an opportunity to learn how to contribute to a healthier, more compassionate world.

Event Details

- Public Talk by Sister Annabel: 10:30 AM – 12:30 PM, Conway Hall, London
- Workshop on Healthy Climate Activism: 2:30 PM – 5:30 PM, Westminster Quaker House
- Tickets: £7.50 (talk), £15 (workshop)
- Bookings and more information: www.wakeuplondon.org/climateanxiety

Contact

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