



# The Oneness-World International Youth Project

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## Take a Step for Peace!

**1. Choose an activity that you would like to dedicate to peace.**

### Physical Activity

You can dedicate any sport to peace: running, walking, swimming, cycling, kayaking, etc.

### Creative Expressions of Peace

Visual art, poetry, photography, music, singing, dancing, writing, etc.

**2. Consciously dedicate your activity to world peace.** Take a moment of silence before you begin, become aware of the flow of your breath, and feel peace expanding in your heart.

**3. Begin!**

**4. Share it!**

Send photos or short videos of your creative expressions or activities to [youth@peacerun.org](mailto:youth@peacerun.org) and we will post them on our website to inspire others.

**5. Invite your friends!**

*"Peace means joy;  
Joy means peace.  
Peace and joy can never  
Be separated."*

*- Sri Chinmoy*



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Fred Penner, Children's Musician