



The Oneness-World International Youth Project

Sri Chinmoy
Peace Run Founder



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 and we will post them on our website to inspire others.

5. Invite your friends!

"Lasting peace must begin within the depths of the individual, and from there spread in ever-widening circles as a dynamic force for world change."

- Sri Chinmoy

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Nelson Mandela

