Introduction to Nonviolence

"Nonviolence is a powerful & just weapon which cuts without wounding. It is a sword that heals." Dr. Martin Luther King, Jr.

What is “nonviolence?” How has it impacted our world? In this workshop you will be introduced to the basic principles of “nonviolence” as taught by Martin Luther King, Jr., Mahatma Gandhi, Cesar Chavez, and other practitioners of nonviolence – and will have an opportunity to explore historical examples of how these principles have impacted our personal lives, our communities and the world.

This workshop is a great way to get an overview of this thing called “nonviolence” in a very short amount of time. If you are an individual seeking a bit of transformation, a teacher looking for ways to inspire and uplift your students, a community leader searching for effective organizing tools, this seminar is for you. Please join us!

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