

# Santa Barbara Contemplative Leadership Group

*“I slept and dreamed that life was joy.  
I awoke and saw that life was service.  
I acted and, behold, service was joy.”*

*- Rabindranath Tagore*

We are a group of Santa Barbara County social impact & environmental professionals, striving to support each other in our respective mindfulness practices.

*We invite you to join us in one or more of these offerings:*



Weekly 7-Step  
mindfulness  
meditations



Monthly group  
mindfulness  
hikes



Monthly  
discussion  
groups



Peer support to  
encourage each  
other's practice

To apply, email group coordinator Ed France at  
[edfrance@gmail.com](mailto:edfrance@gmail.com).

For more information visit:

<https://spiritualpaths.net/contemplative-leaders-program/>



The 7-Step Mindfulness Meditation is a Contemplation in Action project of the Spiritual Paths Foundation with support from the James S. Bower Foundation.