



## Fountain Project ~ Practicing Peace Meditation Drive

Dear participants: Fountain Project will donate money for clothes, food and other necessities to refugees in need with your help. For every 15 minutes of meditation (or other mindfulness-based practices), Fountain Project will donate \$2.50 to Commonwealth's Gift of Compassion Migration Support Project. Please note that each person can enter up to a maximum of one hour per day of meditation time.

Please submit your completed forms at two week intervals - once on Monday, April 25th and a second submission on Monday, May 16th. Please send them to [gena@fountainproject.org](mailto:gena@fountainproject.org) or mail them to Fountain Project Foundation at 10124 San Pablo Ave, El Cerrito, CA 94530.

You can commit to as many days or weeks as you wish. We hope you will help Fountain Project and Commonwealth's Gift of Compassion Migration Support Project by joining our Practicing Peace Initiative. Please direct any questions to [gena@fountainproject.org](mailto:gena@fountainproject.org) or call (510) 334-1638. Thank you very much!

Your Name:

Your Email:

Date + time of completion (start time + end time)	Type of meditation (We're open to a variety of practices like Qi Gong, Taiji, yoga, sitting or standing meditation)	Number of minutes completed *At least 15 minutes *Max 60 minutes per day per person

\*One form per person, please. All personal information will be kept confidential.