

East Bay Meditation Center presents an

On-going Meditation Group for

People
of
Color

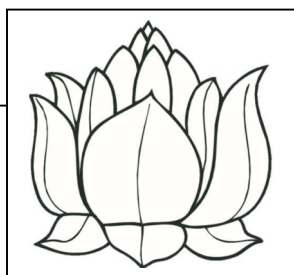


TIME:
7:00 TO 8:30 PM

DATES:
THURSDAYS

PLACE:
2147 BROADWAY,
OAKLAND

The ultimate aim of the practice of meditation is the ending of suffering and the opening to joy and freedom. Come and join our weekly group and learn to cultivate love and freedom in the present moment through the practice of mindfulness meditation. The group will include periods of reflection and silence as well as group discussion, talks on relevant themes and opportunities for celebration and community building. This is an excellent group for new students as well as experienced students.



Located near the 19th St BART station.
For questions, contact
(510) 496-6001 or
eastbaymeditation@yahoo.com

Spring Washam is a spiritual activist and co-founder of the East Bay Meditation Center.

She has practiced meditation for over a decade with many renown teachers and is known for her joyful heart and loving spirit. She is considered a pioneer in bringing mindfulness based meditation practices to youth and communities of color. Spring is a Spirit Rock community dharma leader and is in teacher training with Jack Kornfield. She currently teaches daylong courses, workshops, classes and retreats for youth and adults throughout the U.S.

Cost:
The teachings are regarded as priceless. So they are offered without a fee. Each week, you are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space rental and the support of the teachers.