

# The Great Journey: The Buddha's Life is Our Own

A One-Day Retreat with Larry Yang and John Mifsud  
Open to All

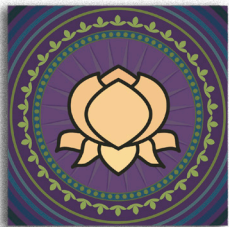
This daylong retreat will explore the relationship between the archetypal journey of the Life of the Buddha and our personal, contemporary lives. The Buddha's life story is parallel to ours regardless of our diverse backgrounds. His historic life is accessible, and can inspire how we live our lives today. We all have callings, go forth, face struggles and return home. Our entry into the universal journey of human awakening can likewise reflect the Buddha's intention. We can all be free from suffering with a heart that excludes no one.

This daylong is open to both beginning and experienced practitioners and includes guided meditations, reflections, small and large group discussions, journaling and storytelling.



**Saturday, January 21, 2012**  
**10:00 am – 5:00 pm**  
**East Bay Meditation Center**  
**Upstairs**

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
2141 Broadway, Oakland, CA 94612  
(Enter off of 22nd Street)



**Cost:** The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

design by Olivia Destandau



**Larry Yang** teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center and is on the Spirit Rock Teachers Council. His web page is [www.larryyang.org](http://www.larryyang.org).



**John Mifsud** is in the Community Dharma Leaders Training Program at Spirit Rock. Larry Yang is his mentor teacher. John is a leader of EBMC's Deep Refuge Group for Alphabet Brothers of Color. He also studied with Rodney Smith at Seattle Insight Meditation, co-ordinated the Seattle Multicultural Sangha and Seattle Dharma Buddies. His current practicum includes teaching at the San Francisco Gay Buddhist Sangha, the SF Gay Buddhist Fellowship, the LGBT Sangha at the SF LGBT Community Center and EBMC.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
EBMC is wheelchair accessible

