

# SACRED ACTIVISM

A day-long retreat with Spring Washam & Konda Mason  
Open to all world-changers

**T**he purpose of this inspiring day-long is to cultivate and deepen the inner work needed for change-agent activists so that they can be more effective in their outer work of educating, empowering and inspiring others to affect the change needed in their communities. This day-long will include periods of silent meditation, group discussion and talks on theme of the day. Let us be the change we want to see in the world!



**Spring Washam** has practiced meditation in various traditions since 1997. She is a founding teacher and core leader at the East Bay Meditation Center. She is a new Teacher at Spirit Rock Meditation Center where she has been training for many years under the guidance of Jack Kornfield. In addition, Spring has extensively studied indigenous healing practices and works with students individually from around the world. She currently leads meditation and healing retreats throughout the US.



**Konda Mason** is a certified Kripalu yoga teacher. She has been a student of yoga since 1974 when she was introduced to the Kundalini yoga community in Berkeley, California. Konda annually teaches yoga at the January Metta retreat with Sylvia Boorstein and the People of Color retreats at Spirit Rock Meditation Center. Konda has been published in Healthquest magazine and in the book *How Has Yoga & Meditation Changed Your Life*. She is a former member of the Board of Trustees at Kripalu Center for Yoga & Health. Konda uses Vipassana meditation and yoga as a means of spiritual transformation.

## East Bay Meditation Center

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
2147 Broadway, Oakland, CA 94612  
(near 19th Street BART)

**Sunday, January 29, 2012**

**10:00 am – 5:00 pm**

**Cost:** The teachings are regarded as price-less. 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.

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.

