

# Beginner's Meditation Day-Long

Open to all

**T**<sup>his</sup> introduction to mindfulness or insight meditation will include basic Buddhist teachings to help you understand the practice, and technical instructions on how to meditate. We will practice seated meditation, walking meditation, standing meditation, and eating meditation. Most of the day will involve silent meditation practice, with some time for questions. Open to new meditators or those who want a refresher course. Please bring a brown bag lunch along for the day.



## **Anushka Fernandopulle**

has trained in the Theravada Buddhist tradition for over 20 years. Anushka is a member of the Leadership Sangha at EBMC, the Spirit Rock

Teacher's Council, and teaches Vipassana meditation around the US. Anushka also works with individuals as a leadership/personal coach and with organizations as a consultant. More about her dharma teaching and work can be found at [www.anushkaf.org](http://www.anushkaf.org).



**East Bay Meditation Center  
2147 Broadway in Oakland**

**Sunday, February 26, 2012  
10AM – 4PM**

**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.

