

RENEWAL AND RESTORATION IN THE NEW YEAR FOR PEOPLE OF COLOR

WITH SHAHARA GODFREY

SATURDAY | JANUARY 9, 2010

9:30AM - 4:30PM

This People of Color daylong focuses on faith, forgiveness and compassion for ourselves, our communities and the world. The day will include walking and sitting meditation. Forgiveness and exploration of compassion exercises will also be offered for ourselves, our communities and the world.



Shahara Godfrey has followed the teachings of the Buddha for over fourteen years with her primary practices in compassion and social activism. She has completed the Community Dharma Leaders training and the Path of Engagement programs at Spirit Rock.

Registration is required and space is limited.

E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify, "POC retreat with Shahara Godfrey."

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.



EBMC is wheelchair accessible.

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.

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway, Oakland
(Near the 19th Street BART
Station downtown Oakland)