

# Healing for the Healers

## A daylong retreat with Spring Washam & Ali Kane



This daylong is designed for those in the healing arts and caregiving professions. Healers and caregivers spend most of their time taking care of others. This is a beautiful service of compassion and generosity. It is also essential for their health and well-being that healers heal themselves. When healers are well, not only are they more nourished and sustained, they are also more effectively able to assist others. In this daylong we will focus on meditation practices and interactive exercises to support healers in their own healing.

**Date: September 19, 2010**

**Time: Sunday 9:30 am - 5:00 pm**

**East Bay Meditation Center- [www.eastbaymeditation.org](http://www.eastbaymeditation.org)**

**2147 Broadway Street, Oakland, CA 94612**

**(near the 19th Street BART station in downtown Oakland)**



Ali Kane has been practicing yoga and meditation since 1995. She has been teaching yoga and meditation and led classes, retreats and workshops in the healing arts since 1997. She is a doctor of clinical psychology and enjoys integrating this work into her practice as a mindfulness-based psychotherapist.



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches retreats, classes and workshops throughout the country.

*Registration is required and space is limited. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name to request a registration form.*

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.