



## EAST BAY MEDITATION CENTER

www.eastbaymeditation.org, 2147 Broadway, Oakland, CA 94612  
(near the 19th Street BART station in downtown Oakland)

**FRAGRANCE-FREE:** 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.

**REGISTRATION** is required & space is limited. E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 & specify “register for Body Image daylong.”

**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.

# cultivating peace around food & body image

A ONE DAY  
RETREAT W/  
DR. ALI KANE

SUNDAY  
OCTOBER 3  
10AM-5PM

OPEN TO ALL

Our culture is rife with problematic messages around body image and food. Our experiences of our bodies and nourishing them can become confused and disconnected from authentic self-love. We will explore these themes in a combination of sitting meditation, engaged practices and reflective exercises. We will learn healthier and more fulfilling ways of relating to our bodies and loving ourselves.

**DR. ALI KANE** has been teaching yoga and meditation classes, workshops and retreats since 1997. She holds a Bachelor’s degree in Comparative Mysticism (New College of Florida), a Master’s degree in Clinical Psychology (California Institute of Integral Studies), a Master’s degree in Counselor Education (University of Florida) and a doctoral degree in Clinical Psychology (California Institute of Integral Studies). She combines her studies and practice in Eastern wisdom and spirituality with contemporary psychotherapy, creating a holistic body-mind-spirit approach to her work. She currently lives and has a private holistic psychotherapy practice in Santa Cruz, CA. For more information, explore her website: [dralikane.com](http://dralikane.com).

