

# *The 4 Noble Truths*

*A daylong retreat with Spring Washam*



The first teaching of the Buddha after his awakening was the teaching of the Four Noble Truths. This profound, yet basic teaching is fundamental to all Buddhist traditions and consists of the teachings of how and why we suffer and how to end our suffering. The four noble truths are: the truth of suffering, the truth of the cause of suffering, the truth of the end of suffering and the truth of the path leading to the end of suffering or the eight-fold path. In this daylong, we will explore these four noble truths through meditation, talks and group discussions.

**Date: Saturday - October 9, 2010**

**Time: 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)**

**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 and request “Register for 4 Noble Truths.”



**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 and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S.

**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.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org) ~ EBMC is wheelchair accessible.