

Beginning Mindfulness Meditation Class with Charlie Johnson

A four-week series of classes — open to all by donation
Monday evenings, Nov. 22 - Dec. 13, 2010
6:30 - 8:30pm

East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway Street, Oakland, CA 94612



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



Mindfulness meditation, also called insight or vipassana meditation, is a process by which we increase our personal awareness of what is happening in the present moment. Superficially one would think this is always so. However, as we begin training in mindfulness we soon learn that we filter our experience through a screen of thoughts and concepts that we mistake for reality. As a consequence of this clouded view we spend our time engrossed in activity, caught up in an endless pursuit of pleasure and gratification combined with an endless flight from pain

and unpleasantness. With mindfulness practice we learn to stop the struggle, to slow down, to be quiet, to listen more deeply to our inner self, and to let go.

In this 4-week meditation class you will learn various techniques, such as sitting meditation and mindful movement, for bringing more harmony and balance into your life. There will be opportunities for sharing questions and discoveries about the practice of meditation. Attendance at all 4 sessions is required. Home practice between class sessions is an important part of the class.

Registration is required & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify “register for Beginning Mindfulness.”

Charlie Johnson teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. Charlie is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He is a member of the EBMC Leadership Sangha and has served on the Board of Directors of the Spirit Rock Meditation Center.

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.

