

# *Awakening Our Presence of Love*

*A one-day retreat for women with Arinna Weisman & Shahara Godfrey*



This day is an opportunity for us to come together as self-identified women in community and safety to awaken presence/ mindfulness, loving kindness and compassion and to celebrate together the one thousand joys and sorrows of our lives. There will be guided meditations, mindful movement, dharma talks and time for group sharing. We also have the opportunity to share lunch together so please bring enough to share.

**Open to self-identified women with all levels of meditation experience, including beginners.**

**Sunday, December 5, 2010 10 am to 5 pm**  
**East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)**  
**2147 Broadway @ 22<sup>nd</sup> St., Oakland**  
**Located near the 19th St. BART station**

**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 registration information for “Women's 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.



**Arinna Weisman** has been teaching Vipassana Meditation since 1988. Her root teacher, Ruth Denison, was empowered by the great Burmese master U Bha Khin. Arinna is the founding teacher of Insight Meditation Center of the Pioneer Valley, and is the co-author of *A Beginner's Guide to Insight Meditation*. Her teaching is infused with her political activism and commitment to building multicultural, spiritual communities.



**Shahara Godfrey** has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of CDL and POE programs from Spirit Rock. Shahara has a Ph.D. and currently works as an Educator.



**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.**