



## **Transformation of the Heart: ♥ Practices in Loving Kindness, Compassion, Joy, Equanimity, Generosity and Gratitude**

with Larry Yang at the East Bay Meditation Center, 2147 Broadway@22nd, downtown Oakland

**6 Monday evenings, 7:00 – 9:00pm**

**Jan 17, 24, 31, and Feb 7, 14, 21**

Our current experience can often be filled with escalating amounts of stress and conflict within our personal lives, our communities, our country, and our global world. As we move through our daily lives how do we live through the difficulties without becoming difficult ourselves? In this 6-week class, we will explore how to cultivate the Energies of Our Heart, including Loving Kindness, Compassion, Joy, Equanimity, Generosity and Gratitude, with the intention to find freedom. There will be explorations through guided meditations, dharma discussions, group exercises, and investigations of how to use these teachings to contribute to the quality of our lives.

**Please pre-register and plan to attend all of the classes in the series. This will NOT be a drop-in class.**

To pre-register, e-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696.

*Larry Yang teaches meditation retreats nationally and has a deep interest in creating access to teachings of spiritual liberation for multicultural communities. Larry has practiced extensively in the USA, Burma and Thailand. He ordained as a Buddhist monk for six months under the guidance of meditation Master Ajahn Tong. Larry is also a core teacher and on the Leadership Sangha of EBMC. Larry's website is: [www.larryyang.org](http://www.larryyang.org)*



**Cost:**

The teachings are regarded as priceless. They are offered without charge. You are invited to support the teaching and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.

*EBMC is wheelchair accessible.*

*Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to these classes.*