



A ONE-DAY RETREAT



EAST BAY MEDITATION CENTER



OPEN TO ALL



SATURDAY, JANUARY 22, 2011 • 10AM-4PM

Our human body is both our most basic animal incarnation and the vehicle for our awakening. Many of us ignore the body unless there is some screaming manifestation of pleasure or pain. Join us in a day of practice dedicated to developing connection to the body, with a focus on becoming aware of our body as a part of nature, comprised of the most basic elements of all of the natural world. We will employ mindfulness and contemplation to give our bodies some attention, at long last, for the day. Most of the day will be held for silent practice, indoors and outdoors, with instructions from the teacher.

Connecting to *The Body*

WITH ANUSHKA FERNANDOPULLE

EAST BAY MEDITATION CENTER | 2147 BROADWAY STREET, OAKLAND, CA 94612
Near the 19th Street BART station in downtown Oakland | www.eastbaymeditation.org



ABOUT THE TEACHER Anushka Fernandopulle has trained in meditation in the Theravada Buddhist tradition for over 20 years in the US and Asia. Other influences have been mystics from various cultures and traditions, creative arts, nature, service work, progressive social change movements, and modern urban life. Anushka teaches retreats at Spirit Rock Meditation Center, Insight Meditation Society, and around the country. She has an MBA and also works as an executive/life coach, facilitator, and organizational development consultant. More on her teaching can be found at www.anushkaf.org

REGISTRATION is required & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Connecting to the Body."

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.



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