

THE PARAMIS: CULTIVATING OUR BEST QUALITIES

A CLASS SERIES OPEN TO ALL
WITH ANUSHKA FERNANDOPULLE



**5 Tuesdays: Feb. 22 and March 1, 8, 22, 29
7:15 - 9 pm**

**East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)**

An important part of the spiritual path in the Buddhist tradition involves recognizing and cultivating positive qualities in ourselves, qualities like patience, generosity, equanimity, kindness, resolution, wisdom, truthfulness, and renunciation. We will reflect on the meaning of these qualities, observe how they manifest in our lives, and spend time cultivating the ones that are most important for us. The class will include guided meditation, small group discussion, teaching, and exercises to do at home. All levels of meditation experience are welcome.

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



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

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.

