

FAT LIBERATION!

living mindfully exactly as we are

An evening class with Jeanne Freebody, Geleni Fontaine, and Max Airborne



Mindfulness practice invites us to the experience of liberation by being fully present with this life exactly as it is. Join us for an evening of liberation through sitting, movement, and being fully present together in our fat bodies, exactly as we are. All abilities and levels of experience are welcome!



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.

Open to all self-identified fat folks

Monday, July 11, 2011 7 – 9 pm

East Bay Meditation Center

www.eastbaymeditation.org

**2147 Broadway at 22nd Street, Oakland
(near 19th Street BART)**

REGISTRATION

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

TEACHERS



Jeanne Freebody has been practicing Vipassana for 17 years and has done extensive retreat practice. She is Fat. She is Fat positive. She is determined to help co-create a space of Fat safety within the Dharma. Bringing the Dharma and Fat activism together is a beautiful dream coming true.



Geleni Fontaine is a fat, queer, Latina/o transperson, and a healer and anti-violence activist. Geleni has trained in and taught mind/body/spirit practices including basic meditation, qigong, goju karate, and T'ai chi to youth, elders, LGBT folks, people of color communities, and people with physical and developmental disabilities since the mid-90's.



Max Airborne is a long-time devotee of fat liberation, social justice, and spiritual practice. EBMC has been her spiritual home since 2007.

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.

