

“ Without relationship, there is no existence:
To be is to be related. ”

J. Krishnamurti, renowned spiritual teacher

Single in the Dharma

A one-day retreat open to all singles with Konda Mason

What meaning does this proverb have for you as a single person? Is there something foundationally missing in your life if you are not in an intimate relationship? Is it possible to live a fulfilled life and be single? These are some of the questions we will investigate in this daylong workshop, using traditional Buddhist teachings on compassion, kindness, joy and equanimity to deepen our exploration. Through meditation, Dharma talks, interactive exercises and sharing our stories, we will take a look at the vast matrix of relationships that make up our environment with a particular insight into the most important relationship of all...the one with ourselves. All singles, including beginners in meditation, are welcome!



Konda Mason is a recent graduate of the Commit-to-Dharma 2 program taught by Larry Yang. She has been a student of the dharma for many years. She is a Kripalu yoga teacher, teaching retreats at Spirit Rock and day-longs at EBMC. She is currently a member of the East Bay Meditation Center's Leadership Sangha. Konda uses vipassana meditation and yoga as a means of spiritual transformation.

Saturday, October 22, 2011

10 am | 4:30 pm

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)

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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EBMC is wheelchair accessible

