

THE ART OF MEDITATION

A three part class series for Beginners

Of all the fields of human endeavor, the practice of mental and spiritual cultivation is the most challenging and boundless in its potential. Whether you are coming to meditation for the first time, seeking to develop some peace, serenity and understanding in your life, or whether you are committed to your own awakening and enlightenment in this very life, this class is designed to offer the entire spectrum of meditative teachings and trainings from the very foundations of concentration and mindfulness, loving kindness and serenity. Meditation has the power to transform our lives by cutting off the roots of suffering itself. This class is open to both beginners and experienced practitioners.



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced and studied meditation since 1997 with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S. See www.springwasham.com for more information.

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

October 24, 31 and November 7, 2011

Mondays 7:00 pm – 9:00 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.



www.eastbaymeditation.org

EBMC is wheelchair accessible

