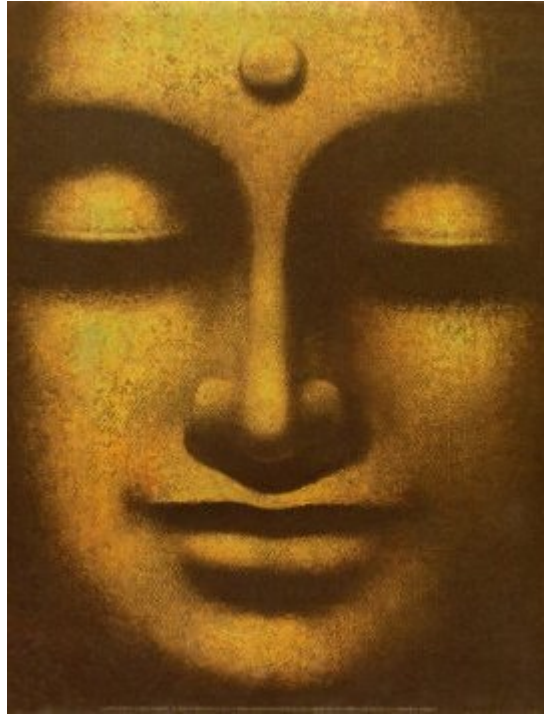


# Inner Wisdom: Developing Presence and Focus

A one-day technique workshop open to those with some meditation experience  
with Anushka Fernandopulle

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Sunday, Nov. 6, 2011 :: 9:30 am – 4:30 pm :: East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
2147 Broadway, Oakland, CA 94612 (near the 19th Street BART station in downtown Oakland)



In this daylong workshop, we will be learning about and practicing specific Buddhist meditation techniques that you can use to develop mindfulness, concentration, and wisdom. We will be talking shop about the nuts and bolts of meditation practice, so this workshop is suitable for those who have done some meditation before (it may be challenging if this is your first time). We will spend the day primarily in silence doing significant periods of sitting meditation, walking meditation (or gentle movement), and eating meditation, developing our relationship to our unfolding experience to lead towards freedom and peace. If you need a jumpstart for your daily practice, this workshop might be for you!

Anushka Fernandopulle has trained in the Theravada Buddhist tradition for over 20 years, including spending 5 years in silent intensive meditation retreat over this time in monasteries and retreat centers in Sri Lanka, India, and the US. Anushka is a member of the LSangha at EBMC, the Spirit Rock Teacher's Council, and teaches Vipassana meditation around the US. Anushka also works with individuals as a leadership/personal coach. More about her dharma teaching and work can be found at [www.anushkaf.org](http://www.anushkaf.org)



**Space is limited & registration is required.** Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

**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.

