

DIVING INTO THE DHARMA

A WEEK OF INTENSIVE MEDITATION
PRACTICE WOVEN INTO YOUR DAILY LIFE
WITH LARRY YANG | OPEN TO ALL

Dedication. Commitment. Inspiration. Faith.

How have you experienced these intentions in your life? How have you experienced these intentions in your practice? Live them during a week of intensive practice which includes your work, home, and play. With the support of other spiritual friends, move through your week with your strongest intention of being Aware, Mindful, Loving, Open, and Free.

When registering you will be agreeing to attend all of the following events:

- **Nov 13, Sun, 3-5pm:** 40 min guided sitting, Taking the Refugees and Precepts, 40 min guided sitting
- **Nov 14, Mon, 7-9pm:** 45 min guided sitting, mindful movement, 45 min guided sitting
- **Nov 15, Tues, 7-9pm:** 40 min guided sitting, dharma talk and discussion
- **Attendance at one, if not more or all,** of the EBMC sitting groups during that week
- **Nov 19, Sat: 9:30am-4:30pm:** "Expanding Your Dharma" daylong

Please show up with your dedication, commitment, determination and faith and attend all the sessions.

Space is limited & registration is required.

Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.



LARRY YANG teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center and is on the Spirit Rock Teachers Council. His web page is www.larryyang.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.

Design compliments of Kimi Mejica

EAST BAY MEDITATION CENTER

www.eastbaymeditation.org

2147 Broadway,

Oakland, CA 94612

(near the 19th Street BART station)

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.

