

# Expanding Your Dharma: Living Life Awake

With Larry Yang  
Open to All

The Buddha shared that living 24 hours with Mindfulness and Awareness is more precious than living 100 years without it. Join us to explore how to bring your Mindfulness practice from your cushion into your activities—from your practice into your life. How does Mindfulness feel, look, and sound with our relationships, our jobs, our everyday lives with all the joys and sorrows? Through sitting, walking, and eating meditations, journal reflections, small group exercises, we will explore motivations to maintain and continue Mindfulness, how to keep momentum in our practice, and how to navigate obstacles that arise. Please bring your lunch, a journal, and your Life.



**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](http://www.larryyang.org).

**Saturday, November 19, 2011**

**9:30 am – 4:30 pm**

**East Bay Meditation Center**

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

2141 Broadway, Oakland, CA 94612

*(Enter off of 22nd Street)*

**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.

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.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
EBMC is wheelchair accessible



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