

The Essence of Deep Forgiveness

A one-day retreat open to all with Larry Yang & Noliwe Alexander

Saturday, Dec. 10, 2011
9:30 am - 4:30 pm

Space is limited & registration is required.

Register at www.eastbaymeditation.org
or email 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.

East Bay
Meditation Center
Upstairs Space
2141 Broadway,
Oakland 94612
Enter from 22nd Street
eastbaymeditation.org

This daylong retreat will offer a tender exploration into how the practice of forgiveness can transform harmful thoughts and actions in ourselves, our families, and our communities. Finding the deep essence of our loving selves invites a letting go of patterns that often are seeds of suffering. In our busy lives we have an opportunity to find spaciousness contemplating our inner and outer dialogues, that cause harm and discontent. Invite your heart to explore new ways of responding to life's challenges through compassion and deep forgiveness. There will be guided meditations and reflections, group discussions, and journaling. Beginning and experienced meditation practitioners invited.



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



Noliwe Alexander has been a student of Vipassana meditation for over 15 years. Having first studied while living in an intentional community near Durango, Colorado, she became a dedicated practitioner after attending the 2nd POC Vipassana retreat at Spirit Rock in 2000 and the African American Retreat in 2002. She has completed the Commit2Dharma (C2D) program through EBMC, has delivered Dharma talks at the Alphabet Sangha (LGBTQI community) at EBMC and is currently participating in the Community Dharma Leaders 4 Program (CDL4) through Spirit Rock. Noliwe is a Life & Business Coach, empowerment workshop facilitator, and is dedicating much of her coaching practice to the LGBT and At Risk community in the Bay Area.



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.