

# **A Life in Balance: A Yoga and Meditation Day For People of Color**

*with Spring Washam & Yogi Amewoke Nunyakpe*



**Sunday, July 20, 2008 9:30 am – 5:00 pm**  
**East Bay Meditation Center**  
**2147 Broadway Street, Oakland, CA 94612**  
**(Near the 19th Street BART station in downtown Oakland)**

In today's hectic world we truly can have it all: a career, a family, a spiritual practice and an active social life. But with all this freedom comes added responsibilities, which is why we have to find a whole new way to feel centered – to find calm amid the craziness of our lives. In this workshop you will learn the fundamentals on how to bring your body, mind, and soul into greater balance and alignment through the practice of specific yoga poses, affirmations, meditation, journaling, healing techniques and group discussion. We hope to provide you with all the necessary tools to create greater balance and harmony within yourself.

No previous yoga experience is necessary.

**Registration required. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name, to request a registration form. Please bring a yoga mat and your own lunch.**



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation for over 12 years with many renowned teachers and is known for her joyful heart and loving spirit. She is considered a pioneer in bringing mindfulness-based meditation practices to youth and communities of color. 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.



Yogi Amewoke Nunyakpe has practiced and taught Yoga and massage for the last 14 years. He studied Yoga and Ayurveda under the late Roger Eischens, a 25 years student of B.K.S. Iyengar. Amewoke is a former director of the International Association of Black Yoga Teachers- Bay Area Chapter. Amewoke's instruction also draws on his extensive experience with Kundalini, Kriya and Raja forms of Yoga. With a unique reconnection, he takes Yoga asana beyond the plateau of posture and alignment and into the expanse of ayurvedic wisdom.

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