

FOR ALL WOMEN OF COLOR



Letting Go of Suffering to Find Our Greatest Joy

A Half-Day Retreat with Dr. Marlene Jones

All Women of Color are invited to a special half-day of meditation, healing, and connecting with ourselves and others. We will explore how attachments often lead to sadness, fear, anxiety and depression. With an open heart and a beginner's mind, suffering can become our doorway to liberation on a daily basis. We will examine our thoughts, current problems and painful experiences that may keep us trapped and unhappy. Guided instructions in sitting meditation along with other powerful healing exercises will help transform negativity and move us into greater power and joy.

Open to all levels of meditation experience – new, beginner or experienced.

Saturday, January 24, 2009 ~ 1:00 to 5:00 pm

East Bay Meditation Center ~ 2147 Broadway downtown Oakland near 19th Street BART

Registration is required.

Please email your name to admin@eastbaymeditation.org or call 510.268.0696.



Dr. Marlene Jones holds professorial appointments in the Social and Cultural Studies Program in the Humanities Department at Dominican University. She is a social and community activist with a doctorate in International Multicultural Education. Dr. Jones was introduced to meditation in 1970 and teaches the Dharma throughout Northern California. Her pioneer, cultural inclusion work dates back to 1991 when she started the People of Color Retreats at Spirit Rock Meditation Center. Dr. Jones has also served on the Spirit Rock Board of Directors and is the Co-Founder of the Spirit Rock Diversity Council where she served as its Chair.

*Out of respect for those with environmental illnesses,
please do not wear fragranced products or clothes laundered in fragranced products.*



The teachings are regarded as priceless and offered without a fee.
You are invited to support our efforts through voluntary donations (the practice of “Dana”)
for the expenses of the meditation center and the support of our teachers.