

THE FOUR BASES OF MINDFULNESS

A Four Part Series with Anushka Fernandopulle

Open to all

The Buddha pointed to four main areas for us to develop our mindfulness practice through a teaching called the Satipatthana Sutta – the Four Foundations of Mindfulness – which is the bases for Vipassana or Insight Meditation. Each week we will discuss one of these foundations and learn practices to help us become more aware in this area. We will learn to connect with our body, our mind, our emotions, and more. At the end of learning the four bases, you will be ready to continue your practice and hit a dharma homerun!



Anushka Fernandopulle

has trained in the Theravada Buddhist tradition for over 20 years. Anushka is a member of the Sangha at EBMC, the Spirit Rock Teacher's Council, and teaches Vipassana meditation around the US.

Anushka also works with individuals as a leadership/personal coach and with organizations as a consultant. More about her dharma teaching and work can be found at www.anushkaf.org.

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.



**Mondays: Jan 23, Jan 30,
Feb 6, & Feb 13, 2012**
7:00 PM – 9:00 PM
East Bay Meditation Center
2147 Broadway at 22nd Street,
Oakland, CA
(near 19th Street BART)

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 fragrances products (including "natural" fragrances) or clothes laundered in fragrances products to EBMC.

