

The Yoga of Mindfulness Meditation

Weekly Classes

This class will offer practitioners an experiential mindfulness practice that will allow an integrative approach to embody yogic and Buddhist teachings. Yoga postures, Chanting, Breath, Metta, Mindfulness Meditation and Relaxation will be practiced to create greater awareness in opening the heart, calming the mind, and building strength. Open to all levels of Practitioners. This Class will be taught in Spanish and English.

Please:

avoid eating 2 hours before class, wear loose comfortable clothing and bring your own Yoga Mat, a Blanket and a Strap.



Susana began her contemplative life practices in 1984. Since then she has integrated her formal practices of Mindfulness Yoga and is now offering them as her main Dharma practice. Larry Yang is her main teacher. She can be reached for consultation at naturalrenaud@gmail.com

'When the life force flows through
the sushumna, the mind becomes steady.'
(II.42) Hatha Yoga Pradipika

{ Beginning March 5th, 2012 }
{ class will be held every Monday }
4:30pm - 5:45pm
East Bay Meditation Center
2147 Broadway, Oakland
(near 19th Street BART)

{ Space is limited and the maximum class size is 22 people, so please arrive on time }

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.



EBMC is wheelchair accessible

Design by Jorge Midence