

# Resting Together in Presence

A Half-Day Meditation Retreat for Queer People of Color

**T**his special half-day retreat is a rare opportunity to practice meditation with a supportive group of queer people of color. We will practice sitting and walking meditation in silence, and there will be guidance in the meditation practice for those who need it. We will also have a chance to talk with each other and to build community around our practice. Please come join us if you identify as a lesbian, gay, bisexual, transgender, queer, intersex, or same gender loving person of color – your presence is important! Open to all levels of meditation experience.



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

viduals 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](http://www.anushkaf.org).



**East Bay Meditation Center**  
**2147 Broadway in Oakland**  
**Sunday, March 25, 2012**  
**9:00 AM – 12:00 PM**

**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.

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

