

Introduction to Mindfulness Meditation for Native Spanish Speakers

A class series with Susana Renaud

Would you like to learn a way to feel better emotionally, develop better relationships with your self, family, friends and co-workers? Would you like to learn how to do this in a safe and secure environment?

The intention of this class series is to make available the Buddha's teachings to native Spanish speaking communities who have not had access to the Dharma due to language barriers. This will be a 4-week Introduction to *Mindfulness Meditation*. This introductory course will offer basic instruction in insight meditation practice in mindfulness of breathing, sitting, body, emotions and thoughts. The teachings will be integrated with Mindfulness Yoga.

We invite you to attend our 4 week, 2 hour class series for native Spanish speakers from our Latino/a community, where you will learn new ways to achieve a better sense of well-being.



Susana Renaud is a long time student of Yoga and Vipassana Meditation. She is a 53 year old Chicana born in Texas, daughter of a mother from Mexico, Tejano father, and sister of 8 siblings. She has worked in different capacities in the Latino/a community, as an advocate, health educator, mental health clinician, peer counselor, and yoga teacher. Always working to improve the well being in the community. She is currently enrolled in the Community Dharma Leader's Program 4 at Spirit Rock.



East Bay Meditation Center
2147 Broadway in Oakland
(near 19th St BART)

4 Tuesdays:
June 5, 12, 19 & 26 2012
7 PM – 9PM

Cost: The teachings are regarded as price-less. 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 or email admin@eastbaymeditation.org for registration information.

