

'Coming Home to the Heart of Nuestra Gente'

Monthly Native Spanish Speaking Community Sangha

The teachings will be led by Susana Renaud, visiting teachers, experienced practitioners and community members.

We are creating a deep refuge group to come home to the heart of nuestra gente. Our intention is to provide a safe space for Native Spanish speakers to cultivate the diversity of our varied communities, accessible to all Spanish-language fluencies.

We will offer both informal and formal facilitation of different wisdom practices, and teachings from the Buddhist lineage, to cultivate personal and interpersonal healing.



The teachings will be offered and led by **Susana Renaud**, a Xicana, longtime Yoga and Meditation practitioner, invited guest teachers from various Buddhist lineages, other experienced community practitioners, and community members.



East Bay Meditation Center
2147 Broadway in Oakland
(near 19th St. Bart Station)

Starting June 23, 2012
4th Saturdays: 9:30 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.

Please check the website for our calendar of events
www.eastbaymeditation.org

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.

No registration is required

