

Free Your Heart

A Transformational Workshop for Exploring Love and Connection



The capacity exists in all of us to love without defenses or requirements, so that real intimacy – direct, unmediated, heart-to-heart connection with ourselves and others becomes an expression of our deepest nature. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered in our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers. The workshop will include powerful interactive group processes, periods of meditation, sacred music, movement and group discussion.

Date: July 21, 2012

Time: Saturday 9:30 am - 5:30 pm

**East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway, Oakland, CA 94612**

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



Spring Washam has studied meditation and Buddhist philosophy since 1997 in various traditions with well-known teachers. Trained for 5 years by Jack Kornfield she is also a dharma teacher at Spirit Rock Meditation Center. Spring is also one of the founding members and core teachers at the East Bay Meditation Center and leads the weekly sitting group for people of color. Spring is considered a pioneer in bringing mindfulness based healing practices into diverse communities. She currently leads healing and meditation retreats throughout the United States. Visit her website at www.springwasham.com.

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. ~ *EBMC is wheelchair accessible* ~