



# Meditation in Motion:

*A body-centered writing workshop  
with Beandrea Davis, CYT*

With emphasis focused on letting words flow from the natural wisdom of the body, writing practice will be interwoven with deep breathing, gentle stretching and movement, and seated meditation. Relax into the creative process and deepen self-awareness.

All levels of experience welcome! *Bring a journal and a pen.*

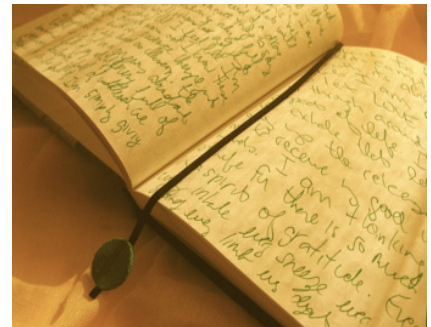
OPEN TO ALL BY DONATION

**SUNDAY, NOVEMBER 9, 2008 • 1 - 5 PM**

East Bay Meditation Center

2147 Broadway at 22nd St, Oakland

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)



Cost: The teachings are offered without charge.

You are invited to support the teachings and our efforts by choosing your own level of voluntary donations (the practice of "Dana") to support the expenses of the space and the teacher.

To reserve your spot, e-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696. Registration is limited to 30 people. Repeat participants welcome.

*Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event.*

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Knowing that we are always doing the best we can with the information we have, Beandrea writes, teaches, and performs in order to create a world where people act with more intention and awareness. *She directs Joyfully Bea Healing Arts in Oakland. Read her inspiring blog here: [www.joyfullybea.com](http://www.joyfullybea.com)*