



Five Trainings for Life

Tuesdays, Mar 3, 10, 24, 31, & Apr 7, 14, 2009
7:00 -9:00 pm

You may find meditation beneficial. But what is there to pay attention to during the other waking hours of the day? Do Buddhist teachings give any guidelines on this? They do!

In this class we will reflect on the five training precepts and how they manifest in our lives. In each class we will meditate, hear dharma reflections on a training, engage in discussion, and take home a suggested area to pay attention to during the next week. Open to anyone with some past experience of meditation. Attendance at all six classes is requested if you join the class.

The five training precepts are both the beginning and end of the spiritual path. Come find out why.

Class Location: East Bay Meditation Center, downtown Oakland
2147 Broadway near 19th St BART www.eastbaymeditation.org

Teacher: Anushka Fernandopulle has practiced meditation in the Theravada Buddhist tradition for 20 years in monasteries, retreat centers, and daily life in the US, India and Sri Lanka. She has been engaged in social justice work throughout her life in such areas as youth development, HIV prevention, LGBT organizing, immigrant/refugee rights and grassroots community development. Anushka teaches meditation in the Bay Area and around the USA. For more info please see www.myspace.com/anushkaf



Registration: Please send an e-mail to admin@eastbaymeditation.org with your full name and "Five Trainings Class" in the subject line or call (510) 268-0696. Registration is required and space is limited.

Cost: The teachings are regarded as priceless and shared with a desire to make them accessible to anyone interested. Thus the teachings are offered without a price tag. You are invited to support the teachings by contributing **voluntary donations** (the practice of "Dana") to the Center and the teacher after each class.

Out of respect for people with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC. EBMC is wheelchair accessible.