

A four part class series open to all
Coming Home to Ourselves
A meditation class for Beginners



Meditation has been called the tongue of the soul and the language of our spirit. All are invited to join this 4-week class covering the basics of Mindfulness & Insight meditation. The class will include guided and silent meditation, as well as generous opportunities for sharing questions and discoveries about the actual practice of meditation. Instructions will be gradually expanded each week and practiced during the week at home.

Dates: April, 6, 13, 20, 27 2009

Time: Monday evenings, 7:00 - 9:00 pm

East Bay Meditation Center, www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

(Near the 19th Street BART station in downtown Oakland)

Pre-registration is required. E-mail admin@eastbaymeditation.org with “Beginners classes April” in the subject line or call (510) 268-0696 and leave your full name and phone number and specify “Beginners classes in April with Spring Washam.”

Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced and studied meditation for over 13 years with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S.

Cost: The teachings are regarded as priceless. So they are offered without a fee. Each week, you are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the space rental and the support of the teachers.

~ EBMC is wheelchair accessible. Please be mindful of wearing fragranced products and clothes laundered with fragranced products to East Bay Meditation Center, out of respect to those with environmental illnesses. ~