

# The Power of Loving Kindness

## The practice of Metta

*A daylong with Spring Washam*



All are welcome to participate in this special daylong of Metta practice. Metta reunites us with what it means to be alive and free. It is a commitment to our own happiness, seeing our happiness as the basis for connection with all of life. The practice fills us with joy and love as well as heals all the hurt places in our hearts. This daylong will include periods of silent meditation, instruction in the Metta practice, talks on the theme of the day, sacred music and group discussion. This will be a beautiful daylong you don't want to miss!

**Date: Saturday, August 1, 2009**  
**Time: 9:30 am – 5:00 pm**  
**East Bay Meditation Center**  
**2147 Broadway Street, Oakland, CA 94612**  
**(Near the 19<sup>th</sup> Street BART station in downtown Oakland)**

**Pre-registration is required. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name and specify “Metta retreat, August 1.”**

Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced and studied meditation since 1997 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. At this event, you are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) to support the meditation center and the teachers.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org) ~ EBMC is wheelchair accessible