

# EAST BAY MEDITATION CENTER

## A Day of Non-Doing

*A one-day retreat with Charlie Johnson*

Sunday August 9, 2009

10:00 am to 5:00 pm

*Open to all by donation*

*Pre-registration is required*



East Bay Meditation Center

2147 Broadway, Oakland

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

Following the daylong retreats taught as part of Mindfulness Based Stress Reduction (MBSR) classes, participants often remark that those hours are one of very few periods in their lives where time has been set aside just to be. There is no need to get anything accomplished, no rush to be in a particular place. It is a time devoted to non-doing, a period of just being that provides a respite for inner quiet. The body and mind are allowed to refresh and rejuvenate and the heart to rejoice at just being alive.

Come experience this inner quiet by attending a daylong retreat modeled after those included in the MBSR Classes. There will be periods of sitting meditation, walking meditation, yoga, qigong, loving kindness practice and more. Please bring a bag lunch as we will be practicing eating meditation as well.

*Pre-registration is required*



**Charlie Johnson** teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. Charlie is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He is a member of the EBMC Leadership Sangha and is on the Board of Directors of the Spirit Rock Meditation Center. In addition he is teacher for the Vacaville Insight Meditation group and EBMC's Friday Open Sangha.

To request a registration form, please e-mail your full name to  
[admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 **\*\* Retreat size is limited**

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