



# Drawing for Greater Awareness

**A half-day drawing & meditation workshop with Sylvia La**

**Saturday, August 15, 2009  
12:30 – 4:30 pm**

Open to all. No drawing or meditation experience necessary.

## Location

East Bay Meditation Center  
2147 Broadway at 22<sup>nd</sup> St. in downtown Oakland  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

## About the Workshop

Why do we draw? Because we want to **observe the world for what it is**. If we can spend even five minutes observing an object for all its characteristics, without judgment, associations, abstractions, and other filters that separate us from its reality, then we are actually seeing something, and that allows us not only to become better at drawing, but also **more sensitive, aware, and alive in the world**.

We will do **simple, concrete drawing and perception exercises** to hone our powers of observation and increase our level of awareness.

All are welcome. You don't have to be an artist to benefit from the insight that comes out of drawing practice.

## What to Bring

- A sketchbook 8" x 10" or larger, soft graphite pencils, and a pencil sharpener
- Your own lunch and water bottle



## Register

Space is limited and registration is required. To request a registration form, please send an e-mail with your full name, indicating your interest, to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call 510-268-0696

**Cost:** The teachings are regarded as priceless and are offered without a fee. Please consider making voluntary donations (the act of generous giving, or "Dana") to the East Bay Meditation Center and to the teacher during the event.

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



## About the Teacher



Sylvia La leads an active life as an artist, dharma practitioner and teacher. She has been drawing and painting for 15 years. She exhibits her art statewide and teaches classes on painting and contemplative drawing.

La practices meditation, hatha yoga, prayer, and mantra, under the guidance of her spiritual teacher, Haricharan Das. She has received blessings and teachings from teachers in the US and India, including HH Dalai Lama, the Ven. Kirti Tsenshab Rinpoche, Ammaji, and Guru Mata Keshavadas.

For more information visit [www.sylviala.com](http://www.sylviala.com)