

East Bay Meditation Center presents

4-week Beginning Meditation Class

with Larry Yang



**IF you have ever wondered about how meditation would benefit you, your life, and your communities...
IF you have ever been interested in meditation but didn't know where to begin...
IF you have tried meditation and been frustrated...**

Now is your chance!

Time:

7:00– 9:00 pm

Dates:

Monday evenings
September 7, 14, 21, 28

Location:

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



Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of the East Bay Meditation Center. His webpage is at: www.larryyang.org

You are invited and welcomed to join this 4-week class covering the basics of Vipassana or insight meditation. The class will include guided and silent meditation, as well as opportunities for sharing questions and discussion about meditation practice. Instructions will be

gradually expanded each week and practiced during the week at home. Come learn to calm and settle your mind, and see what happens! The most you can lose is your stress.

Cost: The teachings are regarded as priceless, so they are offered without a fee. At this event, you are asked to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) to support the meditation center and the teachers.

Pre-registration is required: E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name & specify “September 7th Beginning Class” *Please plan to attend all 4 classes. This is **NOT** a drop-in class, each class builds on the previous classes.*

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the class. EBMC is wheelchair accessible.