

Hold Your Life in Kindness

Practicing Gratitude with Larry Yang

As we expand our meditation practices of Mindfulness and Lovingkindness....
As we meet our present moments and lived experiences for what they are
As we meet everything with the gentleness of our simple awareness
As we no longer take our lives for granted—
a kindness begins to arise that is the energy of *Gratitude*—
the openness and wonder of what the moment really is like—
the “WOW!” of truly living—not a thought, or dream, or wish....but our precious life.
Please join us to explore—experiment—enjoy—everything

Saturday
Sept 19th
9:30a to 4:30p
East Bay Meditation Center
2147 Broadway at 22nd St
in downtown Oakland

Pre-registration is required:

E-mail admin@eastbaymeditation.org or
call (510) 268-0696 with your full name &
specify “Sept 19th Gratitude daylong”

Cost: The teachings are regarded as
priceless and are offered without fee.
You are invited to support the
teachings by offering voluntary
donations (the practice of “Dana”)
to the Center and the teacher.
Please bring your lunch.



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. Larry's one of the core teachers and leaders of the East Bay Meditation Center.*
His webpage is at: www.larryyang.org

EBMC is wheelchair accessible.

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event
East Bay Meditation Center, 2147 Broadway, Oakland, CA 94612, www.eastbaymeditation.org