

# DIVING INTO THE DHARMA

WITH LARRY YANG | OPEN TO ALL

*A week of intensive meditation practice woven into your daily life*

**DEDICATION | COMMITMENT  
DETERMINATION | FAITH**

How have you experienced these intentions in your life?

How have you experienced these intentions in your practice?

Live them during a week of intensive practice which includes your work, home, and recreation. With the support of other spiritual friends, move through your week with your strongest intention of being Aware, Mindful, Open, and Free.

**BY REGISTERING YOU WILL BE AGREEING TO  
ATTEND ALL OF THE FOLLOWING:**

**Nov 1, Sun, 7 - 9pm:** 40 min sitting, Taking the Refuges and Precepts, 40 min sitting

**Nov 2, Mon, 7 - 9pm:** 45 min sitting, mindful movement, 45 min sitting

**Nov 3, Tues, 7 - 9pm:** 40 min sitting, dharma talk and discussion  
**Attendance at one, if not more,** of the EBMC sitting groups during that week of Nov 4-6

**Nov 7, Sat: 9:30am-4:30pm:** Daylong “Beyond Silence” with Larry Yang and Lee Lipp

*Please show up with your dedication, commitment, determination and faith and attend all the sessions.*

**REGISTRATION IS REQUIRED. SPACE IS LIMITED.**

E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify “Diving into Dharma.”



**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 is one of the core teachers and leaders of the East Bay Meditation Center. His web page is [www.larryyang.org](http://www.larryyang.org)

*In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.*

*Layout and design compliments of Kimi Mojica*

*EBMC is wheelchair accessible.*

