

Making Friends with Our Mind

A Meditation Daylong for Beginners



Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing. Sitting meditation is very healing for both the mind and the body. We realize we can just be with whatever is within us – our pain, anger, and irritation, or our joy, love, and peace. We are with whatever is there without being carried away by it. In this special daylong for beginners we introduce mindfulness meditation through sitting and walking practice. The day will include meditation instructions, group sharing, sacred music and talks on the theme of the day.

Saturday, November 14, 2009 9:30 am to 5:00 pm
East Bay Meditation Center
2147 Broadway, Oakland
Located near the 19th St. BART station @ 22nd St.

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name to request a registration form for “Making Friends.”



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation for over 12 years with many renowned teachers and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.

In order to protect the health of sangha members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC. www.eastbaymeditation.org ~ EBMC is wheelchair accessible. ~