

# Metta

## *in the Middle of the Week*

Please join us for an evening of Metta or Lovingkindness Practice in the middle of your week's activities. Kindness and Compassion are key components of our spiritual path and Awareness Practice. Allow your body, mind, and heart to feel their way into the cultivation of these energies which connect us to ourselves and others in our life. Guided meditations in Lovingkindness and Mindfulness will be offered along with discussion.

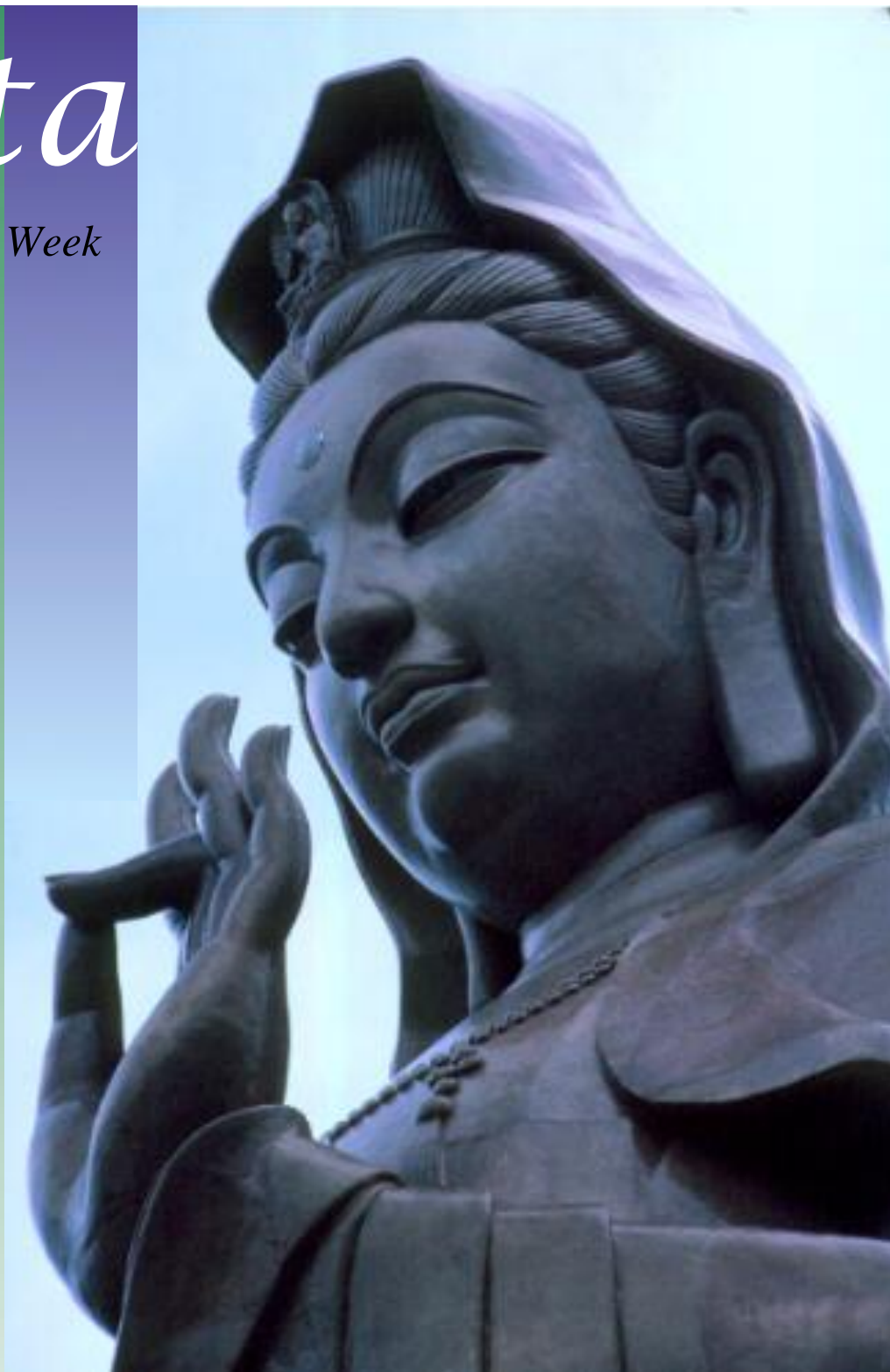
**Tues eve, Dec 8  
7:00 to 9:00pm**

**East Bay  
Meditation Center  
2147 Broadway at 22<sup>nd</sup> St  
in downtown Oakland**

Pre-registration is required:  
e-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org)  
or call (510) 268-0696 with your full name and specify "Dec 8 Metta evening"

**Cost:** The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings by contributing voluntary donations (the practice of "Dana") to the Center and the teacher(s).

*Larry and Julie will be co-teaching, with Gloria Gostnell, a 3 day residential meditation retreat at Spirit Rock over Dr. Martin Luther King weekend, January 15-18, 2010. Please see [www.spiritrock.org](http://www.spiritrock.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](http://www.larryyang.org)



Julie Wester has been a teacher of insight meditation since 1985 and for the past decade has served as resident teacher for Spirit Rock, supporting the day to day life of the community. She is a member of the Diversity Leadership Core Council. A student of feminine wisdom traditions, her primary teachers have included her root teacher Ruth Denison, Lama Tsultrim Allione and her grandmother.

EBMC is wheelchair accessible.

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event