

Free Your Heart

A Transformational Workshop for exploring love and connection – Open to All



The capacity exists in all of us to love without defenses or requirements, so that real intimacy – direct, unmediated, heart-to-heart connection with ourselves and others – becomes an expression of our deepest nature. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered in our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers. The workshop will include powerful interactive group processes, periods of meditation, sacred music, movement and group discussion.

Date: Saturday, December 19, 2009

Time: Sunday 9:30 am - 5:30 pm

East Bay Meditation Center

2147 Broadway Street, Oakland, CA 94612

(near the 19th Street BART station in downtown Oakland)

www.eastbaymeditation.org

Registration is required and space is limited. E-mail admin@eastbaymeditation.org with your full name or call (510) 268-0696 regarding “Free Your Heart, December 19.”



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. She is considered a pioneer in bringing mindfulness-based meditation practices to youth and communities of color. 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.

Dana, or Generous Giving: There is no registration fee to attend. 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. The Center and the teacher will be sustained only by your voluntary donations (the practice of generous giving, or "dana"). Please donate generously, in proportion to your ability.

~EBMC is wheelchair accessible. Out of respect for those with environmental illnesses, please do not wear fragrances or clothing laundered in fragranced products to EBMC.~