

SAVORING THE MOMENT IN EVERYDAY LIFE:

An afternoon for women of color

with Dr. Marlene Jones



A message from Dr. Marlene Jones:
Please join me for an afternoon of an enriching and satisfying experience in learning to savor each moment with joy. Learn what it means to savor the moments in our meditation practice without distraction or expectations of results. We will share what it means to approach each day with a beginner's mind, with clear thinking, and without planning the approaching moments. We will practice how to savor each moment as it arrives, bringing a soft richness and a healing, and a loving approach to our daily lives.

Open to all women of color. Meditation instruction provided for beginners.

Saturday, February 13, 2010 1:00 to 5:00 pm
East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway @ 22nd St., Oakland
Located near the 19th St. BART station

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and request a registration form for "Savoring the Moment, Feb. 13."

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.



Dr. Marlene Jones holds professorial appointments in the Social and Cultural Studies Program in the Humanities Department at Dominican University. Her doctorate is in International Multicultural Education. A social and community activist, she has worked in multicultural education and cultural inclusion efforts in communities and at Spirit Rock Meditation Center as one of the pioneers dating back to the early 1990s, which includes starting the People of Color Residential Retreats and teaching the POC Daylongs. She was the Co-Founder of the Spirit Rock Diversity Council where she served as chair. She

has also served on the Spirit Rock Board of Directors. Dr. Jones was introduced to meditation in 1970.

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.

EBMC is wheelchair accessible.

