

# Dharma + Technology



a one-day exploratory retreat with Anushka Fernandopulle

Open to all  
Saturday, April 10, 2010  
10 am - 5 pm

East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
2147 Broadway Street, Oakland, CA 94612  
(near the 19th Street BART station in downtown Oakland)

Cellphone, email, blackberry, facebook, wifi....friend or foe? These elements of modern life can help us stay connected and communicate easily, but also can seem like obstacles to remaining present and grounded due to constant stimulus and interruption. How can we work with modern technology to integrate it into our practice of being mindful and present? How can we keep from being overwhelmed and stressed out by it all? Can technology actually be a support to our awakening? The Buddha did not directly address these questions 2,600 years ago...or did he? We will explore our relationship to technology through meditation, discussions, dharma talks, and exercises using your tech gadgets. Bring your favorite tech device!

## Teacher:



Anushka Fernandopulle is a lifelong spiritual practitioner who has trained in the Theravada Buddhist tradition for over 20 years. She teaches

dharma classes and retreats around the country, as well as being a leadership coach, life coach and organizational development consultant. Anushka's work is informed by a BA from Harvard and an MBA from the Yale School of Management. She is interested in bringing the Buddhist teachings into all aspects of modern life, and she does have a smartphone.

## Registration:

Registration is required and space is limited. E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify "register for Dharma and Technology."

## 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 community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.