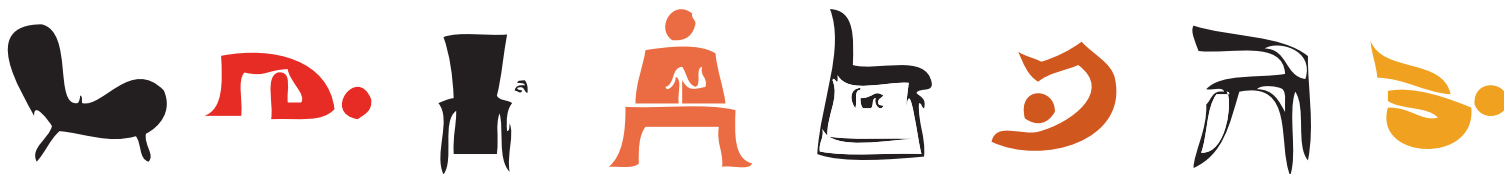


Chair Yoga: Supporting Ourselves in Movement

a half-day workshop with Konda Mason



Have you avoided yoga because it hasn't felt right? Whether you are less nimble than when you were younger, have boundaries to your range of motion, or simply have not exercised for a while, this half-day yoga experience will meet you right where you are. Through using the support of a chair, you will be able to enjoy the numerous benefits of yoga. We will create a safe space in which to explore and create your unique and individual yoga experience.

Saturday, May 1, 2010

10am - 1pm

East Bay Meditation Center www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

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

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.

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Chair Yoga."



KONDA MASON is a certified Kripalu yoga teacher. She has been a student of yoga since 1974 when she was introduced to the Kundalini yoga community in Berkeley, California. Konda annually teaches yoga at the January Metta retreat with Sylvia Boorstein and the People of Color retreats at Spirit Rock Meditation Center. Konda has been published in *Healthquest Magazine* and in the book *How Has Yoga & Meditation Changed Your Life*. She is a former member of the Board of Trustees at Kripalu Center for Yoga & Health. Konda uses vipassana meditation & yoga as a means of spiritual transformation.

Please note: There is a Kripalu yoga workshop the same day. Please do not sign up for both Yoga events.



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.

