

Kripalu Yoga:

Soulfully Merging with the Infinite

with Konda Mason

Saturday, May 1, 2010

2pm - 5pm

East Bay Meditation Center www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

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

Are you interested in a yoga experience that is more than an athletic approach to yoga?

This half-day practice of Kripalu yoga will emphasize the slow and meditative nature of the practice. Through lecture, meditation, asana, and pranayama breathing techniques, we will explore the deeper edges of the soul. You will learn to create the field of awareness that will allow you to transcend the physical body and merge with the infinite that is resting inside of you. Please bring your own yoga mat.



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 Kripalu 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: If you require sitting in a chair to do movement, please register for the morning chair yoga workshop, May 1.



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.