



# Reflections on Impermanence

## An Outdoor Contemplative Drawing series With Sylvia La

### Dates:

**Saturdays, May 8, 15 & 22**  
**10 am – 12:30 pm**

Attendance required at all 3 classes

Open to all. No drawing or meditation experience necessary.

### Location

Park or outdoor area in east bay, location TBA  
will likely be wheelchair accessible

### About the Series

Impermanence is a fact of life; as the Buddha says, "Everything changes, nothing remains without change." To understand this intellectually is easy, to know this as a reality is more difficult. In order to know something, we must have direct experience with it.

In this series, we will use drawing to observe the natural world for what it is and become more familiar with how things change.

Over the course of 3 weeks, we will **focus on one drawing object and notice how it changes over time**. We will also do **simple perception exercises** to hone our powers of observation and increase our level of awareness.

### Please Bring:

- A sketchbook 8" x 10" or larger, pencils, and a pencil sharpener
- A chair or blanket to sit on
- A hat, sunscreen, adequate coverage
- Good walking shoes and dress in layers
- A snack and water bottle

### Register

Space is limited and registration is required. To request a registration form, please send an e-mail with your full name, indicating your interest, to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call 510-268-0696

### Dana, Generous Giving

The teachings are regarded as priceless and are offered without a fee. You are invited to make voluntary donations (the act of generous giving, or "Dana") to the East Bay Meditation Center and to the teacher during the event.

### About the Teacher



**Sylvia La** leads an active life as an artist, dharma practitioner and teacher. She has been drawing and painting for 15 years. She exhibits her art statewide and teaches classes on painting and contemplative drawing.

La practices meditation, hatha yoga, prayer, and mantra, under the guidance of her spiritual teacher, Haricharan Das. She has received blessings and teachings from teachers in the US and India, including HH Dalai Lama, the Ven. Kirti Tsenshab Rinpoche, Ammaji, and Guru Mata Keshavadas.

For more information visit [www.sylviala.com](http://www.sylviala.com)

*Out of respect for people with environmental illnesses, please do not wear fragranced products or clothes laundered in fragranced products to this class.*