

# The Art of Meditation

## A four part class series for Beginners



Of all the fields of human endeavor, the practice of mental and spiritual cultivation is the most challenging and boundless in its potential. Whether you are coming to meditation for the first time, seeking to develop some peace, serenity and understanding in your life, or whether you are committed to your own awakening and enlightenment in this very life, this class is designed to offer the entire spectrum of meditative teachings and trainings from the very foundations of concentration and mindfulness, loving kindness and serenity. Meditation has the power to transform our lives by cutting off the roots of suffering itself. This class is open to both beginners and experienced practitioners.

**Dates: May 18, 25, June 1, 8, 2010**

**Time: Tuesdays 7:00 pm – 9:00 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)**

*Registration is required and space is limited. Email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510)268-0696 with your full name to request a registration form for “Art of Meditation.”*



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches retreats, classes and workshops throughout the country.

**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.

[www.eastbaymeditation.org](http://www.eastbaymeditation.org) ~ EBMC is wheelchair accessible