

Recovering the Sacred Feminine – A daylong for women



In the beginning the Divine Feminine and the Divine Masculine resided together in a concept we call the Universal One, or, simply, harmony. The wounding began with division, and the healing is just beginning. In this daylong we will explore a time when all things feminine were recognized as a powerful part of creation. Recovery of the Sacred Feminine and taking her into the everyday is the only answer. We can begin the healing through forgiveness, compassion and connection with our female ancestors.

All self identified women are welcome to join us in this special daylong which will include meditation, group work, talks on themes of the day and sacred music. Bring an item to share on the communal altar.

Date: May 30, 2010

Time: Sunday 10:00 am - 5:00 pm

East Bay Meditation Center- www.eastbaymeditation.org

2147 Broadway Street, Oakland, CA 94612

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



Ali Kane has been practicing yoga and meditation since 1995. She has been teaching yoga and meditation and led classes, retreats and workshops in the healing arts since 1997. She is a doctor of clinical psychology and enjoys integrating this work into her practice as a mindfulness-based psychotherapist.



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.

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name to request a registration form for “Recovering the Sacred Feminine.”

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. ~ EBMC is wheelchair accessible.