

Inspiration Through the Body's Limitations:

a one-day retreat to explore physical difficulties

with Charlie Johnson and Debra Kerr

Mindfulness and lovingkindness practices are powerful tools to help us navigate what the body often offers to us, including ongoing illnesses, injuries, pain, or simply limitations that come with living and aging. In this daylong retreat, there will be time to meditate, practice simple mindful movement, and share our stories. We will explore how dharma practice can lead to greater ease in the midst of vulnerability, and how freedom is present whenever we can allow the truth of our struggles to be held by our natural compassion and wisdom.



Debra Kerr has meditated since 1991, and is influenced by both Vipassana and Dzogchen practices. A graduate of Community Dharma Leader training at Spirit Rock Meditation Center, she co-founded and served on the board of the East Bay Meditation Center from 2000-2006. In addition to teaching and leading support groups for meditation practitioners around the Bay Area, Deb teaches mindfulness meditation in assisted living and long term care facilities, where she also works as a speech pathologist.



Charlie Johnson teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. Charlie is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He is a member of the EBMC Leadership Sangha and has served on the Board of Directors of the Spirit Rock Meditation Center.

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 & space is limited.

E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Inspiration Through the Body's Limitations."

East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway Street, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)

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.

Open to All

Sunday, June 13, 2010

10 am - 4 pm



Designed By Jorge Midence