

What the Buddha Taught

An Introduction to Buddhist Philosophy



This daylong retreat will offer an in-depth understanding of core Buddhist teachings and meditation practices essential in the journey of awakening as taught within the Theravada tradition. This daylong is ideal for those relatively new to Buddhism who wish to gain both an overview of the Buddha's teaching and to develop experience in Buddhist practices and meditation. It is also very useful for those students with some meditation experience who wish to refresh their knowledge of key Buddhist teachings. There is a practical emphasis on how we apply and live these teachings in our everyday lives.

Date: July 10, 2010

Time: Saturday 9:30 am– 4:00 pm

East Bay Meditation Center- 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. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name to request a registration form.



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 ~ EBMC is wheelchair accessible