

Beginning Yoga and Meditation for People of Color

a half-day workshop with Susana Renaud

This half day is a focus on using yoga postures that will support a sitting meditation practice. No experience in any yoga is required and all abilities will be supported in finding the alignment needed to maintain a posture that will support a meditation practitioner. Excellent for stress reduction and well-being. Those in wheelchairs or scooters are warmly invited to participate.

Saturday, August 7, 2010

10 am - 2 pm

Susana Renaud has been a Yoga Practitioner for 23 years. She studied at the Iyengar Yoga Institute and continues to study and be mentored by Janet Macleod. She is currently participating in the Advanced Studies Program at Piedmont Yoga Studio and is grateful to all of the teachers who are guiding her toward wholeness. She has been a formal Meditation Practitioner for 11 years. She has recently completed the first Commit 2 Dharma Program out of the EBMC. Her primary teacher is Larry Yang and she will be beginning the Community Dharma Leaders Program at Spirit Rock in September.

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.

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 & space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Yoga for People of Color."

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.



Designed By Jorge Midence