

Becoming Buddha: Awakening Wisdom and Compassion



*A daylong retreat
with Spring Washam*

~ Open to all ~

In our journey to enlightenment we balance the two great wings of awakening which are wisdom and compassion. Perfect wisdom gives rise to perfect compassion. In this daylong we will explore the topic of wisdom, compassion and love. This retreat will include periods of meditation, teachings on the theme of the day and group discussion. There is a practical emphasis on how we apply and live these teachings in our everyday lives. Beginners in meditation are welcome.

Date: Saturday – November 13, 2010

Time: 9:30 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)

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name and request “Register for Becoming Buddha.”



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 and is known for her joyful heart and loving spirit. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She currently teaches classes, workshops, and retreats throughout the U.S. See www.springwasham.com

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.