

# Cultivating Joy

A class series open to all  
with Arinna Weisman & Shahara Godfrey



We often forget to turn towards the beautiful qualities that live inside of us such as our generosity, compassion, and empathy. When we combine the cultivation of mindfulness with this acknowledgement we find a new intimacy with ourselves that is built with joy and love. There will be guided meditations in mindfulness, empathetic joy and loving kindness. Beginners in meditation are welcome.

5 Tuesdays Nov. 23 – Dec. 21, 2010 7 – 9 pm  
East Bay Meditation Center [www.eastbaymeditation.org](http://www.eastbaymeditation.org)  
2147 Broadway @ 22<sup>nd</sup> St., Oakland  
Located near the 19th St. BART station

Registration is required and space is limited. E-mail [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 with your full name and request registration information for “Cultivating Joy.”

**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.



**Arinna Weisman** has been teaching Vipassana Meditation since 1988. Her root teacher, Ruth Denison, was empowered by the great Burmese master U Bha Khin. Arinna is the founding teacher of Insight Meditation Center of the Pioneer

Valley, and is the co-author of *A Beginner's Guide to Insight Meditation*. Her teaching is infused with her political activism and commitment to building multicultural, spiritual communities.



**Shahara Godfrey** has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of CDL and POE programs

from Spirit Rock. Shahara has a Ph.D. and currently works as an Educator.



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.