

# Free Your Heart

A Transformational Workshop for exploring love and connection



The capacity exists in all of us to love without defenses or requirements, so that real intimacy – direct, unmediated, heart-to-heart connection with ourselves and others becomes an expression of our deepest nature. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered in our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers. The workshop will include powerful interactive group processes, periods of meditation, sacred music, movement and group discussion.

**Date: December 19, 2010**

**Time: Sunday 9:30 am - 5:30 pm**

**East Bay Meditation Center [www.eastbaymeditation.org](http://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](mailto:admin@eastbaymeditation.org) with your full name or call (510) 268-0696 regarding “Free Your Heart, Dec.19.”**



Spring Washam is a meditation teacher and founding member of the East Bay Meditation Center. She has practiced meditation for over 12 years with many renowned teachers and is known for her joyful heart and loving spirit. She is considered a pioneer in bringing mindfulness-based meditation practices to youth and communities of color. 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.

**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. ~ *EBMC is wheelchair accessible.* ~