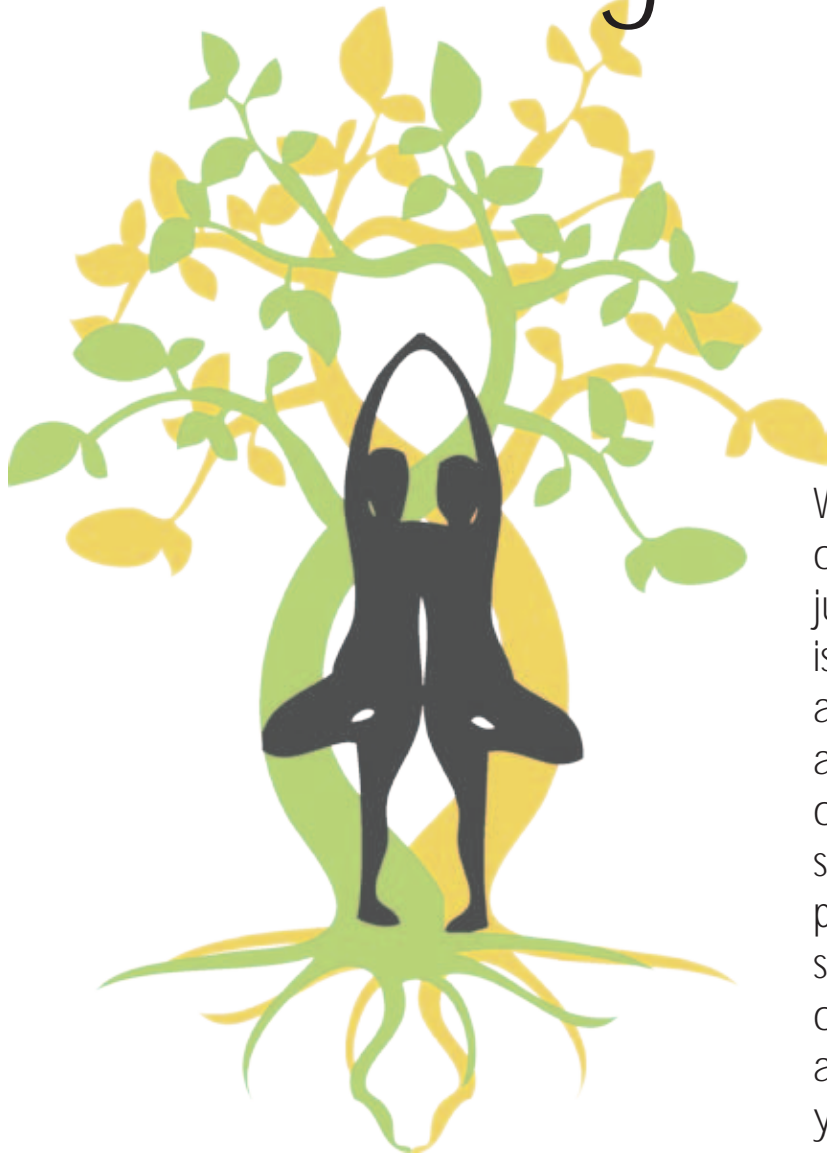


Partner Yoga & Meditation

with Konda Mason



Saturday, April 23, 2011
1:30 - 5:00pm
East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway, Oakland, CA 94612

We all know how important support from others is to us in our daily lives. Well, it can be just as helpful on the yoga mat. Partner yoga is a way of going deeper into your postures and yoga experience by simply allowing another to support you. It offers you the opportunity to let go fully while being safely supported. Please note, physical contact is a part of this class. You will be matched with someone who is approximately your stature, or bring a friend. Be prepared to go deep and have lots of fun. Please bring your own yoga mat.

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.

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

KONDA MASON is a certified Kripalu yoga teacher. She has been a student of yoga since 1974 when she was introduced to the Kundalini yoga community in Berkeley, California. Konda annually teaches yoga at the January Metta retreat with Sylvia Boorstein and the People of Color retreats at Spirit Rock Meditation Center. Konda has been published in *Healthquest* magazine and in the book *How Has Yoga & Meditation Changed Your Life*. She is a former member of the Board of Trustees at Kripalu Center for Yoga & Health. She is currently a member of the East Bay Meditation Leadership Sangha. Konda uses vipassana meditation & yoga as a means of spiritual transformation.



Please note: There is a Chair Yoga workshop the same day. Please do not sign up for both Yoga events.

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.