

Where to GO?

Open to all
Tuesday, May 17, 7pm - 9pm
East Bay Meditation Center

www.eastbaymeditation.org
2147 Broadway, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)



Larry Yang teaches meditation retreats nationally and is one of the coordinating teachers of Spirit Rock's program to train future dharma leaders. Larry has practiced extensively in the USA, Burma and Thailand. He ordained as a Buddhist monk for six months under the guidance of meditation Master Ajahn Tong. Larry is an EBMC core teacher, on the EBMC Leadership Sangha, and teaches EBMC's Commit2Dharma Practice Program. Larry's website is: www.larryyang.org

If you have questions about
where to go in your meditation,
please come
for an evening of practice and Q&A

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 Q&A"

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.

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.

EBMC is wheelchair accessible.