



# TEEN DAYLONG!!!

**Sunday, August 7, 2011 | 10 am - 4**

**One-day retreat for teens, ages 14-19**

Calling on all teens for a very special daylong retreat! Explore what's really going on inside you and around you, and share the experience with other teens who are also looking for what's real. Learn how to meditate, chill out and have fun in your life. This daylong will include silent meditation, group discussion/activities and fun hang out time. For ages 14 – 19 years.



**Spring Washam** is a meditation teacher and a founding member of the East Bay Meditation Center. She has practiced meditation since 1997 with many renowned teachers. Spring is a Spirit Rock Community Dharma Leader and is in teacher training with Jack Kornfield at Spirit Rock Meditation Center. She has taught teen retreats and has worked with youth for many years. She currently teaches retreats, classes and workshops throughout the country. [www.springwasham.com](http://www.springwasham.com)

**East Bay  
Meditation Center**  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

2147 Broadway  
Oakland, CA 94612  
(near 19th Street BART in  
downtown Oakland)

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.

**Space is limited & registration is required:**

Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

**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.

