

# *The Journey to Awakening*

**a one-day retreat dedicated to  
exploring the eightfold path**

open to all  
with Spring Washam

**Saturday, September 10, 2011**

9:30 am - 4 pm

East Bay Meditation Center  
2147 Broadway at 22nd, Oakland  
(near 19th Street BART)

[www.eastbaymeditation.org](http://www.eastbaymeditation.org)

**In this daylong we will explore the path of awakening and the profound journey that a spiritual practitioner must travel.**

The Noble Eightfold Path describes the way to the end of stress, as it was laid out by Siddhartha Gautama. It is a practical guideline to compassion, ethics and mental development with the goal of freeing ourselves from all attachments and delusions; and it finally leads to understanding the truth about all things. Together with the Four Noble Truths it constitutes the gist of the Buddha's teachings. Great emphasis is put on the practical steps, because it is only through practice that one can attain a higher level of consciousness and finally reach full awakening.

**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.

**Teacher:**

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)

