

Handling Conflict with Our Children Compassionately
A class series for parents & guardians
with Shahara Godfrey



This class series is an informative and interactive experience for people who are parenting children. Together we will explore how to integrate the different ages and stages in handling conflict with compassion.

Open to all parents & guardians. Meditation instruction provided for beginners. Due to facility limitations, childcare cannot be provided.

Four Mondays Sept. 26 and Oct. 3, 10, 17, 2011 7 – 9 pm
East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway @ 22nd St., Oakland
Located near the 19th St. BART station

Space is limited & registration is required. Register at www.eastbaymeditation.org or email 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.



Shahara Godfrey, Ph.D., has trained in the Theravada Buddhist tradition for over 20 years. Other influences have been spiritual teachers from various cultures and traditions as well as the creative arts. She is a graduate of the Community Dharma Leaders and Path of Engagement programs at Spirit Rock. Shahara currently works as an Educator.

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.

