

Free Your Heart

A Transformational Workshop for exploring love and connection



The capacity exists in all of us to love without defenses or requirements, so that real intimacy – direct, unmediated, heart-to-heart connection with ourselves and others becomes an expression of our deepest nature. We can learn to share, one heart to another, through the power of unconditional love. We can become more whole in ourselves so that we can be energized and empowered in our paths. Barriers to authentic connection occur due to unconscious fears that are rooted in the past. This workshop will provide safe, nurturing space to explore those fears and barriers. The workshop will include powerful interactive group processes, periods of meditation, sacred music, movement and group discussion.

Date: Nov. 26, 2011
Time: Saturday 9:30 am - 5:30 pm
East Bay Meditation Center www.eastbaymeditation.org
2141 Broadway, Oakland, CA 94612
(enter off 22nd Street)

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.



Spring Washam has practiced meditation in various traditions since 1997. She is a founding teacher and core leader at the East Bay Meditation Center. She is a new Teacher at Spirit Rock Meditation Center where she has been training for many years under the guidance of Jack Kornfield. In addition, Spring has extensively studied indigenous healing practices and works with students individually from around the world. She currently leads meditation and healing retreats throughout the US.

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. ~ *EBMC is wheelchair accessible.* ~