

Journey of the Heart: A New Understanding

A half-day retreat for women of color with Dr. Marlene Jones

This half daylong retreat will offer an opportunity to open our hearts, with compassion, to the love we seek of our own true nature. Even with ups and downs, the sweetness of the radiant heart provides a new way of being in the world to develop a connection with community and with all sentient beings. We will explore love as an intensive daily heart practice for ourselves and each one that we meet.



Dr. Marlene Jones holds professorial appointments in the Social and Cultural Studies Program in the Humanities Department at Dominican University. Her doctorate is in International Multicultural Education. A social and community activist, she has worked in multicultural education and cultural inclusion efforts in communities and at Spirit Rock Meditation Center as one of the pioneers dating back to the early 1990s, which includes starting the People of Color Residential Retreats and teaching the POC Daylongs. She was the Co-founder of the Spirit Rock Diversity Council where she served as chair. She has also served on the Spirit Rock Board of Directors. Dr. Jones was introduced to meditation in 1970.

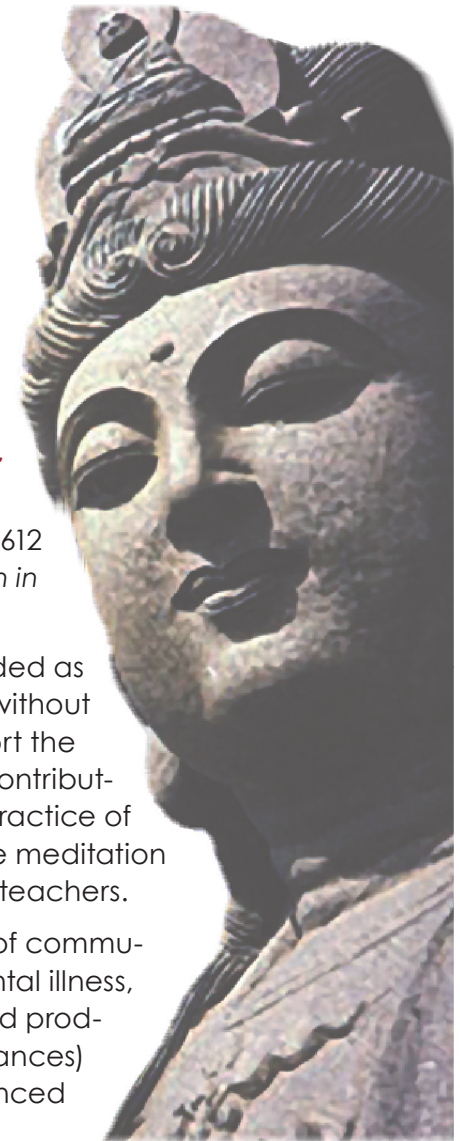
Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

**Sunday, Dec. 11, 2011
1:00 pm – 5:00 pm
East Bay Meditation Center**

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

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.



design by Olivia Destandau

www.eastbaymeditation.org
EBMC is wheelchair accessible

