

# Dream, Believe, and Soar!

## A daylong on discovering your life's purpose



Finding your life purpose and your deepest life intentions can help you to move with greater focus and clarity every day of your life. You can start to find and develop your own purpose and intentions by stopping for a moment and asking yourself two questions: **“What is most important to me in my life? What are my deepest values and beliefs?”** In this daylong we will explore these questions and then notice what comes up that touches and inspires us most deeply. This workshop will include periods of silent meditation, group discussions, writing and talks on the theme of the day.

**Feel Joy \* Bloom with Fresh Understanding \* Be All You Can Be \* Live Your Best Life \* Laugh, Dance, Skip**

**Date: January 7, 2012 (Saturday)**

**Time: 9:30 am – 5:00 pm**

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

**2141 Broadway, Oakland, CA 94612**

**UPSTAIRS (enter off 22<sup>nd</sup> Street)**

**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.**



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 center and the support of the teachers.

*~ EBMC is wheelchair accessible ~*