

MINDFULNESS AND METTA: ONE AND THE SAME

A ONE-DAY RETREAT LED BY
LARRY YANG AND JOAN DOYLE

♥ OPEN TO ALL

SATURDAY, FEB. 18, 2012
9:30AM – 4:30PM



To bring balanced loving awareness to our lives, we cultivate the practices of Mindfulness and Metta (Lovingkindness). Mindfulness is the quality of attention that brings us into the present moment and Metta is the practice of Lovingkindness that helps us meet each moment of our life with an open heart. During this daylong retreat, we will learn how the practices of Mindfulness and Metta are mutually beneficial and mutually intertwined. We will explore how by practicing them, we can cultivate freedom of our hearts and minds, for the benefit of ourselves, and for all beings. Both beginning and experienced meditators are invited and welcomed.



LARRY YANG teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. Larry is one of the core teachers and leaders of the East Bay Meditation Center and is on the Spirit Rock Teachers Council. His web page is www.larryyang.org



JOAN DOYLE has practiced Buddhism for 15 years and is committed to celebrating the diversity of our human sangha, expanding concepts of gender, and living in ways that honor the sacredness of the earth. She is in the Community Dharma Leader Program through Spirit Rock Meditation Center.

Space is limited & registration is required:

Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration info.

Cost: The teachings are regarded as priceless and 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.

Design by Kimi Mojica

East Bay Meditation Center

www.eastbaymeditation.org

2141 Broadway, Oakland, CA - **UPSTAIRS** -
(near 19th Street BART)



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.

