



Going Deep and Broad

A group for experienced practitioners
beginning August 18, 2012 • 9:00 AM – 12:30 PM

**The first 3 sessions will be led by Larry Yang on the following dates:
8/18, 9/22, 10/21, all from 9:00 AM to 12:30 PM**

Are you an experienced practitioner looking to deepen and broaden your Dharma? Do you feel a need to connect with spiritual friends who have been on the path of the Dharma for awhile?

Bring your practice and your love for the Dharma to a monthly practice group for experienced practitioners. We will practice together, in sitting and walking, without explicit guidance (you are assumed to have a meditation practice). And in landscape of our collective practice we will explore teachings, readings, and topics to continue in deepening and broadening your spiritual journey in the teachings of the Buddha.

The topics will vary and also be influenced by the needs of the participants who register. When you register please list two dharma topics that you have been looking for support to explore.



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. He has a blog at: www.huffingtonpost.com/larry-yang

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

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.

East Bay Meditation Center

2147 Broadway

Oakland, CA 94612

(near the 19th St. BART station
in downtown Oakland)

