



Making Life Count

A daylong retreat led by Venerable Pannavati

Saturday, May 31, 2014

10:00 AM – 4:00 PM

Registration

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

Dana

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.

Fragrance-Free Policy

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.



EBMC is wheelchair accessible

Rarely is Buddhism understood as a way of training that produces and celebrates genuine saints in the world. Yet this is essentially what Buddhism does if one engages it. It enables us to transform from being unhappy, individualistic, ordinary, run-of-the-mill, self-seeking and narrow-minded persons - suffering and causing suffering - to liberated, compassionate wisdom beings. This will be a combination of discourse, Q&A, meditation and feedback on experience. Appropriate for all practitioners.



Ven. Dr. Pannavati is Co-Abbot of Embracing Simplicity Hermitage in the US and a founding circle director of Women of Compassionate Wisdom. Ordained in both Theravada and Mahayana traditions with Vajrayana empowerments and dharma transmission from Roshi Bernie Glassman of Zen Peacemakers, she is a teacher and contemplative engaged in compassionate action globally; advocating an egalitarian way of life for all. A recipient of numerous international humanitarian awards for working with homeless youth in rural America, the Untouchables in India and ordaining nuns in Thailand and Cambodia, Pannavati is known for her wit, humor and clarity.

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.