



Coming Home

A one-day retreat with Charlie Johnson

Saturday, July 26, 2014

10 :00 AM - 5:00 AM

When's the last time you put away the "to do" list and focused instead on self-exploration? Join us for a day of coming home. Modeled after Mindfulness-Based Stress Reduction courses, the retreat will include sitting, walking, eating, and movement meditations. There will be extended periods of noble silence and times to work together in small and large groups. T. S. Elliott, in his poem Little Gidding, says: "We shall not cease from exploration and the end of all our exploring will be to arrive where we started and know the place for the first time." Come join in the journey.



Charlie Johnson teaches Mindfulness Based Stress Reduction, yoga, qigong, meditation, and the Dharma in the greater San Francisco Bay Area. He has been practicing meditation and yoga since 1972 and teaching for over fifteen years. He has served on the EBMC Leadership Sangha and the Spirit Rock Meditation Center's Board of Directors.

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

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.