

24 hours...

Monday & Tuesday
September 8th & 9th
6:30 to 9:00 pm

...of mindfulness

*The Buddha said living for 24 hours in awareness is more precious than living 100 years without it. Please join meditators at EBMC for two evenings of practice to develop 24 hours of awareness. On Monday, we'll ground our practice and explore how to integrate awareness into all aspects of our daily lives. On Tuesday during the day, we will bring mindfulness to as many of our life activities as possible. We'll reconvene Tuesday evening to explore and reflect. If you wonder how mindfulness can fit into your busy life, here is a key opportunity to combine your busy week with awareness. **Registration is required. So is attending BOTH evenings.** To register, please email your full name to admin@eastbaymeditation.org or call 510.268.0696.*



Larry Yang teaches meditation retreats nationally and has a deep interest in creating access to teachings of spiritual liberation for multicultural communities. Larry has practiced extensively in the USA, Burma and Thailand. He ordained as a Buddhist monk for six months under the guidance of meditation Master Ajahn Tong. Larry is also a core teacher on the Leadership Sangha of EBMC. www.larryyang.org

We kindly request you do not wear fragrances or scented products.

Cost: The teachings are regarded as priceless and offered without a fee. You are encouraged to support the expenses of both the Center and our Teachers with voluntary donations (*dana*).



EAST BAY MEDITATION CENTER

2147 Broadway, Oakland (2 blocks from 19th Street BART station)