

Beginning Meditation Series Coming Into the Moment, Coming Home to Ourselves

Begins Sunday, January 25

7:00 PM—8:30 PM

Vipassana means seeing clearly.

Experiencing each moment as it is .. This practice is simple, but not easy.

Vipassana is a wisdom practice - one that is rooted in compassion. In that spirit we will explore how the Buddhist teachings and our mediation experiences relate to our own lives and to the well being of others.

Dates of class: Jan 25, Feb. 1, 8, 15 and March 3

East Bay Meditation Center
2147 Broadway, Oakland, CA 94612-

510-268-0696

EBMC is wheelchair accessible, located on major bus lines, and only two blocks from the 19th Street BART station



Out of respect for people with environmental illnesses, please do not wear fragrance or scented products, or clothing laundered with fragrance products, to these classes.

Registration please send an email with your full name, indicating your interest, to:
admin@eastbaymeditation.org

TEACHERS

***JON ODA** was born and raised hapa on Oahu, Hawaii. Since 1991, he has studied with some of the most renowned and respected Tibetan masters of the Nyingma School forced to escape Tibet in 1959. He has facilitated meditation groups in both SF and Alameda County's juvenile halls since 2003 for the MBA Project, and is a devout practitioner of gongfu cha, or Chinese Tea Art.*

***KITSY SCHOEN** has been practicing Vipassana meditation for 30 years. She is a graduate of the Community Dharma Leader program of Spirit Rock Meditation Center and is on the Leadership Sangha of the EBMC. Kitsy is passionate about the integration of mindfulness and multicultural awareness.*



COST: THE PRACTICE OF DANA (GENEROSITY): The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.