



Opening to Your True Nature: A Beginning Class in Mindfulness Meditation with Charlie Johnson

A four-week series of classes — open to all by donation

Monday evenings, Nov. 10 - 24 and Dec. 1, 2008

6:30 to 8:30 PM

East Bay Meditation Center

2147 Broadway, Oakland (near 19th St. BART)

Mindfulness meditation, also called insight or vipassana meditation, is a process by which we increase our personal awareness of what is happening in the present moment. Superficially one would think this is always so. However, as we begin training in mindfulness we soon learn that we filter our experience through a screen of thoughts and concepts that we mistake for reality. As a consequent of this clouded view we spend our time engrossed in activity, caught up in an endless pursuit of pleasure and gratification and an endless flight from pain and unpleasantness. With mindfulness practice we learn to stop the constant struggle and to slow down, to be quiet, to listen more deeply to our inner self, and to let go.

You are welcome to join a 4-week meditation class where you can begin the exploration of your own true nature. You will learn various techniques, such as sitting meditation and mindful movement (qigong), for bringing more harmony and balance into your life. There will be opportunities for sharing questions and discoveries about the practice of meditation. Attendance at all four sessions is required. Home practice between class sessions is an important part of the class.

Space is limited; preregistration is required. To request a registration form, please send an e-mail indicating your interest in registering for "Mindfulness Meditation for Beginners class series" with your full name, to admin@eastbaymeditation.org or leave a message at (510) 268-0696.



Charlie Johnson has been practicing meditation and yoga since 1972 and teaches in various settings throughout the Bay Area. He is an EBMC Leadership Sangha member and core teacher.

*Out of respect for those with environmental illnesses, please do not wear
fragranced products or clothes laundered with fragranced products to EBMC.*

EBMC is wheelchair accessible www.eastbaymeditation.org