



Drawing in Today's Dharma Landscape

Sunday
August 24
10:30am – 4pm

Drawing in today's dharma landscape: a day-long drawing workshop, discussion, and meditation with Sylvia La

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East Bay Meditation Center
2147 Broadway at 22nd St. in downtown Oakland
www.eastbaymeditation.org

EBMC is wheelchair accessible. Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the events.

About the workshop

In these fast-moving times, how much of the world do we see? In this workshop, we will use drawing as a practice to slow down the mind and anchor it in observation. Our day will consist of simple drawing exercises followed by an open discussion on art and spiritual practice. We will end the workshop with a meditation.

All levels of meditation and drawing experience are welcome. Meditation and drawing instructions will be provided.

Please bring: a sketchbook 8" x 10" or larger, pencils, a pencil sharpener and your own lunch.

Register

This workshop is open to all. Registration is limited to 25 people. To request a registration form, please send an e-mail with your full name, indicating your interest, to admin@eastbaymeditation.org.

Cost: The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings by contributing voluntary donations (the practice of "Dana") to the Center and the teacher(s).

About the Teacher



Artist Sylvia La has been drawing and painting for 15 years. She exhibits her art and teaches workshops throughout the bay area.

La practices meditation, hatha yoga, prayer, and mantra under the guidance of her spiritual teacher, Haricharan Das. She has received blessings and teachings from teachers in the US and India, including HH Dalai Lama, the Ven. Kirti Tsenshab

Rinpoche, Ammaji, and Guru Mata Keshavadas.

For more information visit www.sylviala.com