

# The Cooling Waters of Equanimity

The political, economic, and social uncertainties faced by us all affect our relationships, our decision making, and our sense of balance as we walk in the world. In cultivating the Practice of Equanimity we are invited to see the coming and going of events in our lives as experiences that don't define us, but instead help us to see our truth of being alive. When life gets crazy, how do we not become crazy ourselves, but rather live through the experience with wisdom and compassion? During this one day retreat we will be invited into guided meditations, silent reflection, mindful sharing exercises, and dharma discussions to explore how this practice relates to our daily experiences.

**SUNDAY  
FEBRUARY 8, 2009  
9:30 AM – 4:30 PM**

**EAST BAY MEDITATION CENTER  
2147 BROADWAY, OAKLAND  
NEAR 19TH STREET BART STATION**

Cost: 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.

Meditators of all levels are welcome, including beginners. Meditation instructions will be provided. Please bring your lunch and paper/pencil to journal with. Registration is required. Send an email with your full name and "Equanimity" in the subject line to: [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696.

Gloria Gostnell, Ed.D., currently leads a culturally diverse sitting group in Portland, Oregon. She has practiced Vipassana meditation for 20 years. A co-founding member of the Dharma Diversity Leadership Council, Gloria is a graduate of the Community Dharma Leaders Program at Spirit Rock and has completed the Teacher Development Intensive of the Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical School.



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 Thai meditation master Ajahn Tong. Larry is a core dharma teacher and is on the Leadership Sangha of EBMC. Larry's website is: [www.larryyang.org](http://www.larryyang.org)

Out of respect for people with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC.

EBMC is wheelchair accessible.



For more info about EBMC: [www.eastbaymeditation.org](http://www.eastbaymeditation.org)