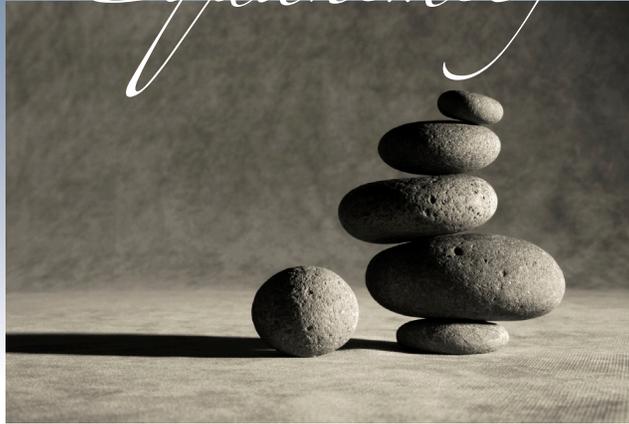


Equanimity



FINDING BALANCE IN OUR LIVES

A Daylong Meditation Retreat with James Baraz and Charlie Johnson

Equanimity or Upekkha is a highly valued quality in Buddhist teachings. It is one of the Four Divine Abodes (along with loving-kindness, compassion and joy), one of the Seven Factors of Enlightenment, one of the Ten Paramitas. When highly developed it is the precursor to the experience of awakening. But what is equanimity? How can we cultivate it in our meditation practice? Even more how can we access it in our daily life, especially in times like these with so much uncertainty, fear, sadness, and suffering in the world?

This daylong retreat will include periods of silent sitting and walking; guided movement and discussion. We will explore developing equanimity in our meditation practice and in our life off the cushion.

Saturday

April 26, 2008

9:30 am – 5:00 pm

2141 Broadway, 2nd Floor (next to EBMC)
Downtown Oakland
(2 blocks from 19th St. BART)

Benefit for East Bay Meditation Center (EBMC)
and Insight Meditation Community
of Berkeley (IMCB)

Space is limited. To register, and for directions and parking information, go to www.eastbaymeditation.org



Charlie Johnson has been practicing meditation and yoga since 1972 and has been teaching for more than fifteen years. He owns Stress Reduction Training, a company that teaches Mindfulness Based Stress Reduction (MBSR) classes at hospital, clinic, industrial and government settings throughout the Bay Area. He is on the Leadership Sangha of the East Bay Meditation Center and the Board of Directors of the Spirit Rock Meditation Center. Charlie is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance.



James Baraz has been teaching meditation since 1978 and Awakening Joy courses for the last five years. He is a founding teacher of Spirit Rock Meditation Center where, in addition to leading retreats, he coordinates the Community Dharma Leader program, and is the teacher-advisor to the Spirit Rock Family and Teen program and the Kalyana Mitta (Spiritual Friends) Network. In addition, he is on the International Advisory Board of the Buddhist Peace Fellowship. James leads an ongoing meditation class in the East Bay. James is currently writing a book with Shoshana Alexander entitled Awakening Joy.

Open to All.
Beginning meditators welcome.

Advance Registration Required:
Sliding scale \$60 to \$40

Bring lunch, a snack, and your own water container

There will be an additional opportunity to make a donation at the event.

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

This event is wheelchair accessible.

