



Meditation

Mindfulness

Metta

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Men of Color

Meditate with a capital M—More .

Be More Aware.

Be More Alive.

Be More Loving.

Be More of who you really are.

Saturday, Dec 13, 2008

9:30 am to 4:30pm

East Bay Meditation Center

Registration required

Explore Meditation, Mindfulness and Metta (the Practice of Lovingkindness)

Have you wanted to explore what meditation feels like? This is your opportunity to find out. Come together for a day of meditation and exploring our spiritual lives. This daylong will include guidance in sitting and walking meditations in the Vipassana Buddhist tradition, instructions in cultivating Lovingkindness in our everyday lives, and opportunities for group sharing. Meditators of any experience are welcomed, with a special invitation to beginners.



Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of the East Bay Meditation Center. His webpage is at: www.larryyang.org

Brian Hill has been practicing Vipassana meditation since he first studied it in 1987 at a monastery near Chiang Mai in northern Thailand. He has participated in retreats, both as a practitioner and as a teaching assistant to meditation teachers in the U.S. since then.



To register: Space is limited. Send an e-mail with your full name and “Men of Color” in the subject line to admin@eastbaymeditation.org , or call (510) 268-0696.

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.

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.

East Bay Meditation Center, 2147 Broadway, Oakland, CA 94612, www.eastbaymeditation.org