



FREEDOM,  
COMPASSION *and* DIGNITY

A DAYLONG RETREAT WITH JACK KORNFIELD TO BENEFIT THE EAST BAY MEDITATION CENTER

ON SATURDAY, SEPTEMBER 6

EAST BAY MEDITATION CENTER INVITES YOU TO A DAYLONG RETREAT  
WITH SPECIAL GUEST JACK KORNFIELD

TRAINED AS A BUDDHIST MONK, CO-FOUNDER OF SPIRIT ROCK MEDITATION  
CENTER, INTERNATIONAL TEACHER AND AUTHOR OF NUMEROUS BOOKS,  
INCLUDING *THE WISE HEART*, *BUDDHA'S LITTLE INSTRUCTION BOOK* AND  
*AFTER THE ECSTASY, THE LAUNDRY*

AND

CHARLIE JOHNSON AND MUSHIM IKEDA-NASH  
EAST BAY MEDITATION CENTER TEACHERS AND LEADERSHIP SANGHA MEMBERS



WALKING OUR TALK: MINDFULNESS, LOVING-KINDNESS &  
LIBERATION IN EVERYDAY LIFE.

THIS SPECIAL DAY WILL INCLUDE TEACHINGS, MEDITATION, STORYTELLING,  
DIALOGUE, AND THE CREATION OF COMMUNITY.

BEGINNING MEDITATORS WELCOME!

SAT, SEPT 6TH | 10A TO 430P | HISTORIC SWEET'S BALLROOM | 1933 BROADWAY - OAKLAND, CA

SLIDING SCALE: \$108-\$40 | STUDENTS: \$25 WITH STUDENT ID

REGISTER ONLINE AT [WWW.EASTBAYMEDITATION.ORG](http://WWW.EASTBAYMEDITATION.ORG)

EAST BAY MEDITATION CENTER: (510) 268-0696

