



# Meditation in Motion:

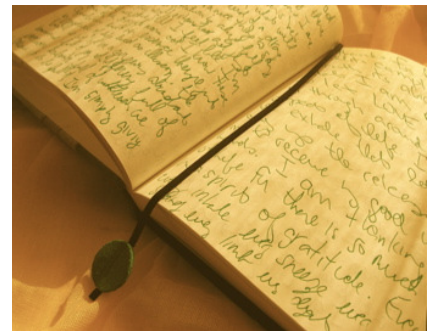
*the flow of writing and yoga*  
with Beandrea Davis, CYT

With emphasis focused on letting words flow from a place deeper than the rational, writing practice will be interwoven with breathwork, yoga practice, and seated meditation. Relax into the creative process and deepen self-awareness.

**All levels of experience in yoga, writing, and meditation welcome!**

Open to all by Donation  
Sunday, July 13, 2008 • 1 - 5 pm  
*Another 2008 EBMC date: November 9*

East Bay Meditation Center  
2147 Broadway at 22nd St, Oakland  
[www.eastbaymeditation.org](http://www.eastbaymeditation.org)



Cost: The teachings are offered without charge. You are invited to support the teachings and our efforts by choosing your own level of voluntary donations (the practice of "Dana") to support the expenses of the space and the teacher.

What to bring: A yoga mat or blanket (if you use one), a journal, and a pen. Registration is limited. To request a registration form, e-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696. Repeat participants welcome.

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event.

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Knowing that we are always doing the best we can with the information we have, Beandrea writes and teaches in order to create a world where people act with intention and awareness. She directs Joyfully Bea Healing Arts in Oakland and teaches in Bay Area juvenile halls. [www.joyfullybea.com](http://www.joyfullybea.com)