



Yoga & the Limitless You: A Kripalu Yoga Experience

**a Half-Day Retreat
for People of Color**

with Konda Mason

Through the practice of yoga, meditation, and discussion we will explore the deeper dimensions of the Self. We will challenge our self-imposed limits as we begin to open up to an expanded awareness of who we are. Engaging in the two pillars of yoga, Will & Surrender, we will tap into our evolutionary impulse towards transformation.

**Sunday August 10, 12 noon to 4pm
East Bay Meditation Center
2147 Broadway Street, Oakland
(near the 19th Street BART station in
downtown Oakland)**

Registration is required and space is limited. E-mail admin@eastbaymeditation.org or call (510) 268-0696 with your full name to request a registration form.

What to bring: Please bring your lunch. **You must bring your own yoga mat and a small towel.** **Please also bring a journal.** It is recommended that you not eat a heavy meal before the session.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.



Konda Mason has been practicing yoga for over 30 years. She is a certified Kripalu Yoga teacher and has been teaching for 15 years. She is a founding member of the International Association of Black Yoga Teachers and former member of the Board of Trustees at Kripalu Center for Yoga & Health. In addition to teaching at Kripalu, she is the resident yoga teacher at the POC retreats at Spirit Rock Meditation Center. Konda lives in Los Angeles.

Out of respect for those with environmental illness, please do not wear fragranced products or clothing laundered with fragranced products to EBMC events.

www.eastbaymeditation.org ~ EBMC is wheelchair accessible.