



Bringing the Dharma to the Sangha With Carol Cano

4 Wednesdays: September 3, 10, 17, 24

7:00 PM - 9:00 PM

This class series will meet four times per year with each season: Fall, Winter, Spring and Summer. Separate registration is required for each monthly series.

Bringing the Dharma to the Sangha from a cross-cultural perspective of braiding the Buddha-Dharma with indigenous wisdom and the voice of evidence-based science. We will explore this practice to build deeper engaged relationships with self and each other, and a long-term commitment to the intentional community of EBMC. We will begin with a practice of expanding our relationship with mother earth as she goes through her cycles of change.

The hope is to build a community of shared spiritual belonging and liberation.



Carol Cano is the Co-Founder and Guiding Teacher for Philippine Insight Meditation Community and Co-Founder of Templa Wellness in the Philippines. She started her practice 25 years ago at Wat Kow Tahm in Thailand. She moved to San Francisco in 1991, where she was introduced to Spirit Rock Meditation Center (SRMC) and the teachings of Jack Kornfield. Carol served on the Diversity Council with SRMC for several years, was mentored by Jack Kornfield the last four years, and completed the Community Dharma Leader program with SRMC. She has a unique cross-cultural braiding of Native American and Basque Spirituality that complements her Dharma practice.

Registration

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

Dana

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.

Fragrance-Free Policy

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.



EBMC is wheelchair accessible

EAST BAY
meditation center

285 17th Street
Oakland, CA
eastbaymeditation.org

Founded to provide a welcoming environment for people of color, members of the LGBTQI community, people with disabilities, and other underrepresented communities, the East Bay Meditation Center welcomes everyone seeking to end suffering and cultivate happiness. Our mission is to foster liberation, personal and interpersonal healing, social action, and inclusive community building. We offer mindfulness practices and teachings on wisdom and compassion from Buddhist and other spiritual traditions. Rooted in our commitment to diversity, we operate with transparent democratic governance, generosity-based economics, and environmental sustainability.