



EBMC Teen Sangha

Fall 2014: 12 weeks

Wednesdays, September 3RD - November 19TH

7:00 PM - 8:30 PM

Led by the EBMC Teen Sangha Team:

Devin Berry, Syra Smith, Evan Wong, Kat Roubos, Anthony "T" Maes, Louije Kim, Hannah El-Silimy and Fresh White

EBMC Teen Sangha is a weekly meditation group for teens, ages 14-19. Our focus will be on creating deeper relationships with ourselves and each other, having fun, getting real and supporting each other. Learn mindfulness meditation and explore the dharma (buddhist teachings) in creative experiential ways. No experience necessary. We are committed to maintaining a Sangha (community) that is welcoming to people of all identities.

Open to teens ages 14-19

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.