

PRESENT

STAYING COOL *in our* **CHAOTIC** **TIMES** *with*



Phillip Moffitt



Noliwe Alexander


JUNE 4, 2016
9:30am-1:00pm

Impact HUB Oakland
2323 Broadway,
Oakland, CA 94612

In the midst of the world's turmoil, we often find ourselves lathered with anxiety, fear, and confusion. As we witness both the suffering of the world and our own individual suffering, we realize the need to cool our minds and open our hearts. During our half-day retreat together, we will explore our capacity to cultivate a cooling mind while feeling the intensity of our individual and global suffering. Join us as we share movement, meditation, and group discussion to further our path towards our common humanity and liberation.

Phillip Moffitt is a Buddhist meditation teacher and writer based in the San Francisco Bay Area. He is Co-Guiding Teacher at Spirit Rock Meditation Center and the author of two books: *Emotional Chaos to Clarity* and *Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering*.
www.dharmawisdom.org
www.lifebalanceinstitute.com

Noliwe Alexander is a Dharma teacher, life and business coach, and empowerment workshop facilitator. She dedicates her coaching and Dharma practice to the LGBT, at risk and elder communities. She is on the board of East Bay Meditation Center and graduate of the Community Dharma Leaders program through Spirit Rock Meditation Center.

 This event is wheelchair accessible.

Purchase tickets online at www.eastbaymeditation.org

Tickets sliding scale \$75 - \$10