



First Annual East Bay Sangha-palooza Community Meditation Gathering

meditation • dharma talks • chanting • music • mindfulness movement

Please join us for a uniquely inspirational and historic community event—join with others from various dharma communities from different traditions in the East Bay, cultivate present moment awareness, and enjoy the day! A light, organic meal and tea will be provided. Event is open to all, no reservations, experience or affiliation is required. No charge, donations and dana accepted & appreciated.

Saturday, September 11, 2010

11:30 am – 4:30 pm

First Congregational Church
2345 Channing Way, Berkeley, CA 94704

Participants include:

Prof. Americ Azevedo (UC Berkeley)
Bay Zen Center
Berkeley Shambhala Center
The Berkeley Zen Center
The Center for Transformative Change
Charity Focus/Karma Kitchen
Chochmat HaLev
Clear Dharma Sangha
Eve Decker and Kent Welsh
The Dharmata Foundation
Dzogchen Community West
Earth Medicine Alliance
East Bay Aikido
The East Bay Healing Collective
The East Bay Meditation Center
The East Bay Open Circle
Empty Gate Zen Center
Sean Feit (Yoga Mandala)
Green Sangha
Infinite Smile Sangha
Insight Meditation Community of Berkeley
The Mahasiddha Center
The Meditation Project
The Mettadharma Foundation
Mt. Diablo Zen Group
Wes Nisker
and others... join us!

11:30 – 1:15 Morning session—James Baraz (Insight Community of Berkeley, author of *Awakening Joy*), meditation, introductions, music with Eve Decker and Kent Welsh

1:15 – 2:15 Lunch—Public lunch, by donation

2:15 – 4:30 Afternoon session—Anam Thubten Rinpoche (Dharmata Foundation, author of *No Self, No Problem*), Tom Gambell Sensei (East Bay Aikido, sixth dan), meditation, other speakers, kirtan



Due to a Cal football home game, parking will be very limited... but will be available for carpools and for those who need to drive.

Please call 510-495-7511 for parking reservations and information. Our venue is a short walk from BART and bus routes near UC Berkeley. We encourage carpooling, using public transportation, biking and walking.

**For more information visit us on
Facebook: East Bay Sangha-Palooza.**