

Meditation and Yoga for the Heart

A one-day retreat with Ali Kane, PsyD.



Open to all

Sunday, February 14, 2010

10 am - 5 pm

East Bay Meditation Center www.eastbaymeditation.org
2147 Broadway Street, Oakland, CA 94612
(near the 19th Street BART station in downtown Oakland)

This Valentine's Day, let us explore what it means to truly live from the heart. In this daylong, we will take the time and space to create a ritual healing container to benefit the personal and collective heart. We will draw on the ancient practices of yoga and meditation to return to the body and quiet the mind. From this space, we can greater cultivate heart qualities such as loving-kindness and forgiveness. We learn that our own happiness, health and balance grow from self-love. From this self-love, we can extend authentic, sustainable and healing love to others. In addition to practicing for our own well-being, we will create a group altar to focus our healing intentions to people, places and situations in the world that may also benefit. We welcome participants from diverse backgrounds. Accommodations and adaptations will be made for those with limited physical abilities and/or injuries.



Ali Kane has been practicing yoga and meditation since 1995. She has been teaching yoga and meditation and led classes, retreats and workshops in the healing arts since 1997. She is a doctor of clinical psychology and enjoys integrating this work into her practice as a mindfulness-based psychotherapist. For more information about Ali, visit www.dralikane.com

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.

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Yoga and Meditation for the Heart, February 14."

EBMC is wheelchair accessible. Please do not wear fragranced products to EBMC.