

UCR OSHER LIFELONG LEARNING AND UCR PALM DESERT CENTER PRESENT

Holding Your Life *with* Kindness

Saturday, April 15, 2017
10:00 a.m.–4:00 p.m.

UCR Palm Desert Center
75-080 Frank Sinatra Drive

Practicing Gratitude

As we expand our meditation practices of Mindfulness and Lovingkindness...

As we meet our present moments and lived experiences for what they are...

As we meet everything with the gentleness of our simple awareness...

As we no longer take our lives for granted—a kindness begins to arise that is the energy of Gratitude—the openness and wonder of what the moment really is like—the “WOW!” of truly living—not a thought, or dream, or wish... but our precious life. Please join us on this day long retreat to explore—experiment—enjoy—everything. Beginning and experienced meditators are welcomed.

To reserve your seat, select from the list on page 17, or call (951) 827-4105 or (760) 834-0997, or go to www.extension.ucr.edu and click on the Mindfulness link.

Registration Fees

(Includes parking, light snacks and refreshments)

UCR Osher members:

\$55 with Member ID

Section: 164-CCS-210

Non-Osher members:

\$85

Section: 164-CCS-211



featuring special guest presenter

Larry Yang

Larry Yang teaches meditation retreats nationally, and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced meditation for almost 30 years, with extensive time in Burma and Thailand, and a six-month period of ordination as a Buddhist monk, under the guidance of Ajahn Tong. He is on the Teacher's Council of Spirit Rock Meditation Center, is one of the core teachers of both East Bay Meditation Center (Oakland) and Insight Community of the Desert (Palm Springs). He is part of the coordinating team developing community meditation teachers in Spirit Rock's Community Dharma Leadership Program, and is leading the next Spirit Rock Dharma Teacher Training Program to begin in July, 2017. Larry's book *Awakening Together: The Spiritual Practice of Inclusivity and Community* will be published by Wisdom Publications in October 2017.



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