

# Awakening Together

## Building Beautiful and Beloved Communities

Building community can seem like a worthy purpose, a high aspiration, even a wholesome ideal. But the practices of Mindfulness and Lovingkindness invite us into experiencing more than that. The Compassion and Wisdom of Mindfulness invites us into the experience that Community is not just possible, but that it is necessary for our spiritual growth and path...and that it is, most times, a difficult thing to accomplish.

Building community is not a luxury; it is not a hobby; it is a dire necessity in this complex world. Please come with the intention to really explore what Community feels like and to experience both how Community holds us together to grow and love, and also how it can push us beyond who we think we are as individuals and as groups in our collective human condition.

**Saturday**  
**November 4, 2017**  
**10 a.m.–4 p.m.**

**Registration Fees:**

(Includes parking, light snacks, and refreshments)

**UCR Osher member:**  
\$55 with Member ID  
**Section:** 172-CCS-200

**UCR Extension Center**  
1200 University Avenue  
Riverside

**Non-Osher member:**  
\$85  
**Section:** 172-CCS-201



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. Larry is on the Teacher's Council and the Board of Spirit Rock Meditation Center, is one of the core teachers of East Bay Meditation Center (Oakland), and Insight Community of the Desert (Palm Springs). He is part of the coordinating team developing future community meditation teachers in Spirit Rock's Community Dharma Leadership Program, and is developing the next Residential Retreat Teacher Training Program to begin in 2017.

Larry's article, "Directing the Mind Towards Practices in Diversity," was included in *Friends on the Path: Living Spiritual Communities*, by Thich Nhat Hanh.

To reserve your seat, call  
(951) 827-4105 or (760) 834-0997