



The Insight Meditation Community of Washington

presents

“Being Real”

A Day of Mindfulness Meditation for People of Color



with Anushka Fernandopulle

Saturday, June 5, 2010 from 10:00 am – 5:00 pm

Cost: \$35 (teacher donation separate / sliding scale available upon request)

***The Festival Center
1640 Columbia Road NW
Washington, DC 20009
Near Columbia Heights Metro on Green Line
(Wheelchair accessible)***

Come join us for a day of mindfulness meditation in a supportive community of people of color! We will be doing mindfulness practice, focusing on awareness of how our mind works in our daily life to create peace or stress in our lives. There will be periods of guided sitting and walking meditation, time for asking questions and more. Please bring a bag lunch as we will be practicing eating meditation as well.

Anushka Fernandopulle is a lifelong spiritual practitioner who has trained for over 20 years in mindfulness meditation in the U.S., India and Sri Lanka. Her teaching is informed by her love of creative arts, nature, service work and progressive social justice movements. Anushka also works as an executive coach, life coach, facilitator and organizational development consultant, influenced by a BA in anthropology and religion from Harvard University and an MBA from the Yale School of Management. She lives in San Francisco and leads retreats at Spirit Rock Center, Insight Meditation Society, and around the country. For more information please see www.anushkaf.org.

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www.imcw.org

Anushka is offering this daylong on a donation basis. The registration fee only covers event expenses and supports IMCW in continuing to make such events possible. Donations of any amount offered at the end of the retreat support Anushka's teaching and are greatly appreciated.

IMCW is committed to making these workshops accessible independent of class or economic status. Sliding scale fees are available upon request. For more information, please contact La Sarmiento at la_sarmiento@yahoo.com or 202.997.1399.

*This workshop will fill quickly; act now to reserve your space!
Please pre-register by Monday, May 31st!*

✂

"Yes, I would like to attend Anushka's June 5th POC Meditation Daylong

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL: _____ TELEPHONE _____

If you would like to offer a donation to a participant who may not be able to afford to attend this event, please do so below. Donations above what is needed will be transferred to the IMCW Scholarship Fund.

Registration Fee (\$35 or approved sliding scale fee payable to IMCW): \$ _____

Support another participant (optional): \$ _____

TOTAL Enclosed (Check payable to IMCW): \$ _____

I can offer a ride from: _____ or I need a ride from: _____

IMCW is working to make the Dharma accessible to all and to create a more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below. This information is strictly confidential, and will be used for survey purposes only:

- A person of color, and/or
- Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or
- A household earning \$40k or less per year
- Age

Please send this form and your check (payable to IMCW) to:

La Sarmiento
1840 Mintwood Place, NW #104
Washington, DC 20009

An e-mail will be sent to confirm your registration.