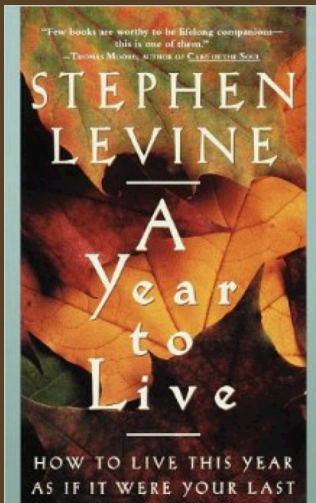


Year to Live East Bay



*How would you want to live if you knew you were going to die in a year?
What would you do, say, or let go of,
In order to live the rest of your life fully?*

In this class, we will use the book *A Year to Live* by Stephen Levine to guide us through the full year. We'll offer teachings, additional reading, small group breakouts, and other practices to support our inquiry.

Contemplation of our own death and how we are living can be a deeply insightful and transformative practice. We will embark upon it as a community of similarly committed people with the help of skilled teachers, meeting for monthly daylongs that include silent retreat practice in the morning and a full afternoon of instruction and inquiry.

2015 Schedule

Daylong sessions will be held on the following Saturdays in the East Bay:

January 31	July 25
February 28	August 29
March 28	September 26
April 18	October 24
May 30	November 28
June 27	December 19

Optional interviews with Rebecca will be scheduled individually.

Cost

Registration is on a sliding scale, \$880-\$1000, with a 10% discount if your full amount is paid in advance. Your generosity in paying above the low end will make it possible for other students to participate on scholarships.

One third of the amount you chose to pay will secure your registration and is due on January 31, 2015. The second third is due May 30th and the final balance is due on September 26th.

Please inquire at YTLeastbay@gmail.com for more information about these options and to register.

Teachers

Rebecca Dixon has been a dharma teacher in the Bay Area for over 15 years. She is a graduate of Spirit Rock's Community Dharma Leadership teacher training program, and has shared the dharma and practice opportunities with hospice patients, incarcerated women, and the chemically dependent. She regularly leads several East Bay sanghas, offers classes and retreats and counsels people around the globe through a variety of media. For more information, go to RebeccaDixon.org.

Lulu Cook is trained to facilitate dharma groups by Noah Levine (*Against the Stream/Dharma Punx*) and she is a student of Amma Thanasanti's training program for women in the dharma. She co-facilitates the Oakland *Against the Stream* weekly meditation group, and finds that lay life, relationships, and parenting are fertile grounds for dharma practice.