



S. N. GOENKA North American Tour

■ April 20 to August 6, 2002 ■

One-Day Course Details

Hayward

Sunday, June 9, 2002

This one-day sitting is open to those who have previously completed at least one ten-day Vipassana course with Geonkaji or any of his assistant teachers. Goenkaji may give beginning instructions (Anapana, Vipassana) or closing instructions (Metta) in this one-day course as his schedule allows. *Please note that although Goenkaji is scheduled to attend at least part of this one-day course, it cannot be absolutely guaranteed that he will be present for the course. Many factors will affect Goenkaji's participation, especially concerns for his optimal health during his extended tour.*

Course Timetable

Below is the schedule for the Hayward one-day course. If you have registered for the course and received a confirmation letter, please bring a copy of your confirmation with you to the course. Latecomers and same day registrants are welcome. We encourage latecomers to arrive and register during scheduled breaks. *However, please note that no registration or admittance into the meditation hall will be allowed during the scheduled Vipassana meditation at 10:55 AM.*

Noble Silence starts at 10:00 AM and continues until 5:00 PM. Small changes in the schedule may occur at the discretion of the Assistant Teacher.

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| 8:30 – 9:45 | Registration (<i>Please try to register before 9:15</i>) |
| 10:00 – 10:45 | Course Formalities, Anapana meditation |
| 10:45 – 10:55 | Break |
| 10:55 – 11:55 | Vipassana meditation |
| 12:00 – 1:00 | Lunch break |
| 1:00 – 2:00 | Group Sitting |
| 2:00 – 2:10 | Break |
| 2:10 – 3:10 | Group Sitting |
| 3:10 – 3:20 | Break |
| 3:20 – 4:20 | Group Sitting |
| 4:20 – 4:30 | Break |
| 4:30 – 5:10 | Metta and Discourse – Course closing |

What to Bring

- You will need to supply your own cushions, benches, and blankets (including bottom floor cushions). The floor of the course site is wood and cushions will not be provided.
- Please bring a non-perishable vegetarian lunch, including drink. Simple fruit and drinking water will be provided. There are no reheating or refrigeration facilities at the

course site. You may choose to leave your lunch in your car if you drive to the course, or store your lunch on tables provided at the site. There will be no hot water available.

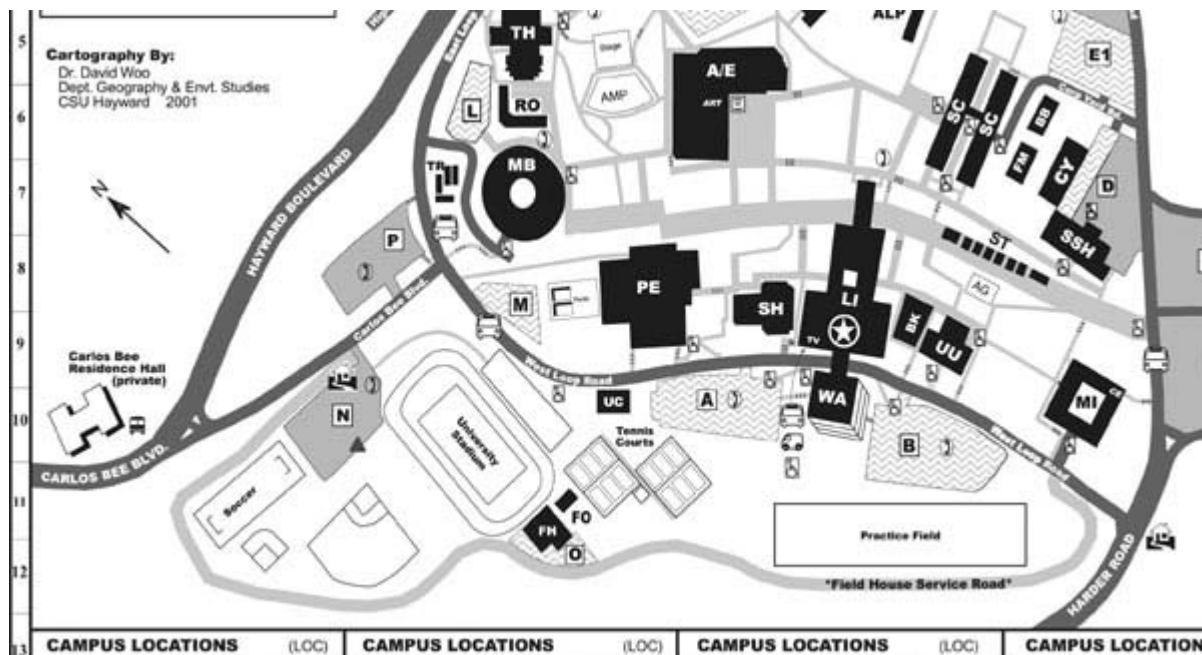
- Please refrain from wearing fragrances. Some meditators may be allergic to fragrances and others may find them distracting.
- Please leave beepers and cell phones in your vehicle. If this is not an option (because you arrived by public transport, on foot, etc.), please make sure they are turned off before you enter the course area.

Directions to the Course Area

The course is being held in the PE Building at Cal. State University – Hayward. The address is:

25800 Carlos Bee Blvd.
Hayward, CA

Parking is free in the lots opposite the PE Building and throughout the campus.



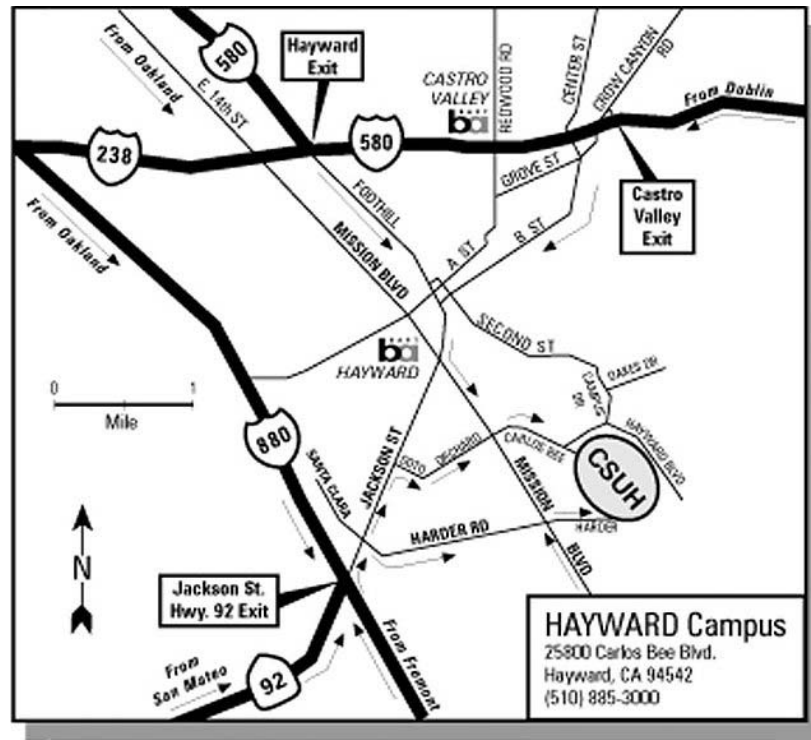
Ride Sharing

If you need a ride or can give a ride from your area, please contact the rideshare coordinator at haywardrideshare@hotmail.com. If you would like to take public transportation, BART trains stop close to the university at Hayward stop. If you are taking BART and need a ride to the course from the station, or if you can pick people up from BART, please contact the rideshare coordinator at above e-mail address.

BART

The Hayward BART stop is several miles from CSU-Hayward. Take the train to the Hayward BART station. If you are arriving by BART and need a ride to the course site, please contact the Ride Share Coordinator.

Driving Directions



From San Francisco Bay Bridge

Go over the bridge and get on 880 South. Exit the Jackson St. East turnoff in Hayward. As you come off the freeway go to the first signal and make a right turn on Santa Clara. Santa Clara will turn into Harder Road. Follow Harder Road 1-1/2 miles to the University.

From San Mateo Bridge (highway 92)

Heading east on the San Mateo bridge, highway 92 turns into Jackson St. As you come off the freeway go to the first signal and make a right turn on Santa Clara. Santa Clara will turn into Harder Road. Follow Harder Road 1-1/2 miles to the University.

From Oakland 880 south

Follow 880 to the Jackson St. East turnoff in Hayward. As you come off the freeway go to the first signal and make a right turn on Santa Clara. Santa Clara will turn into Harder Road. Follow Harder Road 1-1/2 miles to the University.

From Oakland 580 south

Follow Highway 580 to Hayward exiting at the 238 / South Hayward turnoff. This brings

you onto Foothill Blvd. Follow Foothill, staying in the left lane. You will reach a major intersection, follow signs that say Mission Blvd. Follow Mission Blvd. to Carlos Bee Blvd. Make a left turn there and stay in the right lane. Cal State is at the top of the hill.

From San Jose, Fremont, Union City and surrounding areas via 880

From 880 North take the Jackson St. east turnoff in Hayward. As you come off the freeway go to the first signal and make a right turn on Santa Clara. Santa Clara will turn into Harder Road. Follow Harder Road 1-1/2 miles up the hill to the University.

From Palo Alto and the surrounding areas via the Dumbarton Bridge

Get on the Dumbarton Bridge heading east and then take 880 north. Follow 880 north and get off at the Jackson St. east turnoff in Hayward. As you come off the freeway go to the first signal and make a right turn on Santa Clara. Santa Clara will turn into Harder Road. Follow Harder Road 1-1/2 miles to the University.

From Walnut Creek and San Ramon areas via 680 south

Take 680 south to 580 west. Take the Castro Valley turnoff. As you come off the freeway make 3 immediate left turns (following the Hayward signs) this will bring you heading down Center St.. At the bottom of the hill, at the next light make a right turn onto "B" St.. Follow "B" St. to Mission Blvd., turn left on Mission Blvd. Follow Mission Blvd. to Carlos Bee Blvd. Make a left turn there and stay in the right lane. Cal State is at the top of the hill.

Questions

For additional questions or information needed, please write to bay1day@pacbell.net.