

# Spring Washam

AUTHOR, HEALER, TEACHER, & SPEAKER

Considered a pioneer in bringing mindfulness-based meditation practices to diverse communities; Spring Washam is a well-known teacher, healer, and visionary leader based in Oakland, California.

She is the author of *A Fierce Heart: Finding Strength, Courage and Wisdom in Any Moment* and *The Spirit of Harriet Tubman: Awakening from the Underground*.



Spring is one of the founding teachers at the East Bay Meditation Center, an organization that offers Buddhist teachings with attention to social action and multiculturalism. She is a member of the teacher's council at Spirit Rock Meditation Center, offering teachings on Buddhist philosophy, Insight meditation and loving-kindness practices. Spring is also the founder of Lotus Vine Journeys, a one-of-a-kind organization that blends indigenous healing practices with Buddhist wisdom for transformative retreats in South America.

She has practiced and studied Buddhist philosophy in both the Theravada and Tibetan schools of Buddhism since 1999. Spring is also a shamanic practitioner and has studied indigenous healing practices since 2008.

Spring's workshops, interviews, and writing can be found in mainstream media worldwide.



“Spring does a phenomenal job presenting these beautiful concepts. Her work in the field shows dedication to her own transformation...Keeping it so real.”  
*Jacob K.*



## SIGNATURE KEYNOTES



### THE SPIRIT OF HARRIET TUBMAN

An exploration into the consciousness of Harriet Tubman and how to apply her teachings to the challenges we face today.



### THE POWER OF COMPASSION

Understanding how compassion can help access a deeper level of wisdom and foster a sense of unity and safety within communities.



### BUILDING A MINDFUL WORLD

Learning valuable tools and techniques for reaching the broadest communities possible—based on more than 25 years of teaching in diverse groups.

## Connect with Spring

Spring would love to be your speaker or guest!



Event organizers are welcome to suggest topics or themes they'd like to see.

