

Coming into Wholeness as Multi-Racial

A Two-Day Retreat with Michele Benzamin-Miki
Open to all who identify as Multi-Racial

I have the right not to keep the races separate within me: heal and transform into a complete and whole person, integrated, celebrated.' With meditation, guided process, discussions, writing, drawing, we'll uncover, understand, celebrate being mixed race, and how this ties into the journey of awakening to our essential true self, expressed in Buddhism.

Thoughts and images we hold affect how we are seen and how we move toward congruity. In a fun, aware, relaxed environment we'll uncover the mystique, confusion, ambiguities, and insights of being 'More,' using the template of Maria Roots 'Bill of Rights for Racially Mixed People.'



Michele Benzamin-Miki is a pioneer for over 25 years, bringing together Zen and Vipassana, Deep Ecology, Social Justice, Non-Violence, NLP, Leadership Training, and Personal and Business Development modalities, before such integration was considered possible. Working extensively to create diverse environments and champion high risk communities in tools and skills for a better and more aware life. A high ranking Sensei in Aikido and Iaido sword, a visual and performance artist, Hypnotherapist, NLP Coach. Co-founder of Manzanita Village Retreat Center, and Five Changes, in Warner Springs, CA, with an office in Santa Monica, a Dojo in Santa Monica, CA. (www.manzanitavillage.org and www.hypnosissocal.com and www.michelebenzaminmiki.com.)



Saturday, February 4, 2012

10 am – 4 pm

Sunday, February 5, 2012

10 am – 4 pm

East Bay Meditation Center

2147 Broadway at 22nd Street, Oakland

(near 19th Street BART)

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

