

# *In the Flow*

**With Rev. Keiryu Liên Shutt and Joan Doyle**

**Saturday, June 2, 2012**

**10:00 AM – 4:30 PM**

During this day we will investigate what effort feels like, when it takes lots of energy and when it comes easily. We will learn both Vipassana and Soto Zen approaches to help us understand when we are in the flow and how we tend to get in our own way. We'll learn ways to let go of extra effort, making it easier to get "in the flow," bringing more peace and ease to our lives.

*What is it like when you are in the flow? What does effort look like as we go through our busy lives?*



**Rev. Keiryu Liên Shutt, LCSW** was ordained in 2005 with Zenkei Blanche Hartman. After extensive monastic practices in the U.S. and overseas, she intends to share ways in which

the deep settledness of traditional practices can be brought into everyday life. To access talks and other retreat information, please go to [www.sfzc.org](http://www.sfzc.org) or contact her at [joyinzen@att.net](mailto:joyinzen@att.net).



**Joan Doyle** has practiced Buddhism for 15 years and is committed to celebrating the diversity of our human sangha, expanding concepts of gender, and living in ways that honor the sacredness of the earth. She is in the Community Dharma Leader Program through Spirit Rock Meditation Center.

Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

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.

**East Bay Meditation Center**  
**2147 Broadway, Oakland, CA 94612**  
**(near the 19th Street BART station in downtown Oakland)**

