

Coming into Wholeness as Multiracial

Day One of a Two-Day Retreat with Michele Benjamin-Miki

Open to all who identify as Multiracial

Arare opportunity to gather, understand and appreciate your Multiracial Experience, and delve deep into your multi-colorful heart's expression and celebrate it in context to this ever changing, rapidly growing world, still in its adolescence in regards to tolerance and acceptance of differences and diversity.

Through meditation skills, and guided and interactive process work that take the forms of guided imagery, NLP modalities, self hypnosis, story-telling and writing exercises, you can set your mind free, and come to wholeness inside yourself. This leads to a more expressive and integrated you within your relationships, and in your actions and communication, and presence.



Michele Benjamin-Miki: 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.

design by Olivia Destandau



East Bay Meditation Center
2147 Broadway at 22nd Street, Oakland

Saturday, August 11 2012
10 am – 4 pm

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.

www.eastbaymeditation.org
EBMC is wheelchair accessible



Coming into Wholeness as Multiracial with Empowered Allies

Day Two of a Two-Day Retreat with Michele Benzamin-Miki

Open to all who identify as Multiracial and Allies

The guiding teacher will coach Allies to be privileged listeners, bearing witness in silence as a support to the 'Multiracial folks'. The form will take that of a fish bowl—Allies on the outer rim, holding the container and safe space, and those 'multiracial folks' working on the inside within that support. Allies will receive writing exercises, amongst other activities. The groups will come together at the end of the day in a closing circle and interact within a guided council process.



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East Bay Meditation Center
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Sunday, August 12, 2012
10 am – 4 pm

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