

MINDFUL CREATIVITY IN COMMUNITY

A one-day retreat open to all with *Mushim* and *Ramekon O'Arwisters*

Two dynamic artists and meditators invite you to a welcoming, hands-on day of mindfulness meditation, art and poetry making, and the invocation of liberation and celebration through gathering in supportive, nonjudgmental spiritual community. The goal is to engage participants in a relaxed and creative state of being quickly and easily, by transforming everyday objects into works of art, using puzzle pieces, beads, cloth strips, and found objects that become sculpture, masks, and tapestries. Materials are provided and no attempt is made to direct the creativity outcome of the project. Instruction is provided for beginners in meditation.



**Saturday, September 15, 2012
10:00 am – 4:30 pm
East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway, Oakland, CA**

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.



Ramekon O'Arwisters (www.ramekon.com) holds a Master of Divinity from Duke University and is an award-winning artist, living and working in San Francisco, California. He maintains a spiritual meditation practice in the Vipassana tradition, and in 2011, attended a ten-day, silent retreat taught by S. N. Goenka. O'Arwisters creates artwork that unites, supports, and affirms culturally specific communities around the world through art and spirituality. Currently, he is working on an exhibition about art and spirituality, scheduled for June 2013 at the African American Art and Culture Center. He was April 2012 artist-in-residence at the M. H. de Young Memorial Museum, San Francisco, California.



Mushim (Patricia Ikeda) is a lay Buddhist teacher, writer, and community activist. She is a core teacher at EBMC, guiding teacher of the Practice in Action yearlong program, and she teaches meditation retreats nationally for people of color, social justice activists, and women. She holds an MFA in poetry writing from the University of Iowa Graduate Writers Workshop and has published poetry, essays, and auto-biographical nonfiction. www.mushim.wordpress.com

design by Olivia Destandau

www.eastbaymeditation.org

EBMC is wheelchair accessible

