

Women of Color and Mindful Ageing:

How Strong Do We Need to Be?

a one-day retreat, open to all women of color 50 years old and above

Saturday, Feb. 7, 2009

9:30am - 4:30pm

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway, Oakland

(near 19th Street BART station)

This one day workshop for women of color fifty years old and older is an opportunity through periods of mindfulness meditation, silence, and discussion to explore our cultural and personal assumptions, uncertainties, challenges, and hopes that we bring to this next stage of our lives. How do we define our personal strength in relation to what may be expected of us in caring for others? As we grow closer to the end of our lives, how does Buddhist practice help us to look deeply into our hearts and to discover the truth of our lives? What path do we choose towards freedom and peace, and how do we begin to discard what no longer serves us well? We will explore these questions during our day together, creating a supportive and nourishing spiritual environment of deep listening and celebration of our wisdom and strength.

Meditators of all levels are welcome, including beginners. Meditation instruction will be provided.



Gloria Gostnell, Ed.D. A woman of African American heritage, Gloria currently leads a culturally diverse sitting group in Portland, Oregon. She has practiced Vipassana meditation for 20 years. A co-founding member of the Dharma Diversity Leadership Council, Gloria is a graduate of the Community Dharma Leaders Program at Spirit Rock and has completed the Teacher Development Intensive of the Mindfulness-Based Stress Reduction Program at the University of Massachusetts Medical School.



Mushim Ikeda-Nash is a Buddhist meditation teacher, mother, writer, and diversity facilitator who teaches meditation retreats for social justice activists and people of color at Vallecitos Mountain Refuge, Manzanita Village/Ordinary Dharma, and Spirit Rock Meditation Center. A longtime practitioner of Buddhism, she has both monastic and lay experience.

Registration is required. Send an email with your full name and "Women of Color and Ageing" in the subject line to: admin@eastbaymeditation.org or call (510) 268-0696.

Cost: The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.

Out of respect for people with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC.

EBMC is wheelchair accessible.

