



Meditation & Mindfulness Program 4 Men of Color

Explore the Practices of Meditation, Mindfulness, and Lovingkindness in your everyday lives. Over the year, we will explore our spiritual practice in areas of our Communication, Action in the world, and Livelihood—three aspects of the Buddha’s Teachings on ways of being in the world that create non-harm. Meditators of any experience are welcomed, with a special invitation to beginners.

- Apr 11, Sat, 12:30 - 4:30p** Wise Speech with Lawrence Ellis & Larry Yang
- Jul 7, Tues eve, 6 - 9p** Wise Action with Brian Hill & Larry Yang
- Oct 11, Sun, 10a - 2p** Wise Livelihood w/Charlie Johnson & Brian Hill
- Dec 12, Sat, 9:30a - 4:30p** Men of Color Daylong retreat w/Lawrence Ellis, Brian Hill, Charlie Johnson, & Larry Yang

All events will be at the East Bay Meditation Center

Lawrence Ellis is a Buddhist Teacher, complexity-science organizational consultant and activist. A meditator since 1975, he practiced Vietnamese Zen for years in the communities around Thich Nhat Hanh, and co-founded the Mindfulness, Diversity & Social Change Sangha. For three years he served as the Buddhist Peace Fellowship representative to two interfaith committees for workers’ rights. He has practiced Vipassana extensively for the last ten years. He is authorized to teach by Jack Kornfield, and is mentored by Jack and Joanna Macy. Lawrence routinely weaves elements of his African, African-American and Native American traditions into his teaching. His webpages are at www.lawrenceellis.net and www.pathstochange.net.



Brian Hill has been practicing Vipassana meditation since he first studied it in 1987 at a monastery near Chiang Mai in northern Thailand. He has participated in retreats, both as a practitioner and as a teaching assistant to meditation teachers in the U.S. since then.



Charlie Johnson has been practicing meditation and yoga since 1972 and teaching for over ten years. He has completed Mindfulness Based Stress Reduction teacher training and the Community Dharma Leader training at the Spirit Rock Meditation Center. He is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He is a core teacher and on the leadership of EBMC.



Larry Yang teaches meditation retreats nationally, including Spirit Rock, IMS, Seattle, and Washington DC. He has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a 6 month ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of EBMC. Larry is one of the coordinating teachers of the next Spirit Rock Community Dharma Leader Training Program beginning in 2010 and he is the teacher of EBMC’s Commit2Dharma Program. His webpage is at: www.larryyang.org



To register: Space is limited. Please go to the EBMC website, www.eastbaymeditation.org, and register online when the event is open for registration.

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.