

OPEN MIND, SPACIOUS HEART, JOYFUL BODY: MAKING SPACE FOR THE REAL IN TIMES OF CHANGE

A one-day retreat with Arisika Razak

*As the seasons flow around us, we are reminded of the inevitability of change in our lives.
We may find that our hearts have constricted due to personal loss or grief,
the social wounds of oppression or the changing nature of the body.
Join us for a day of mindfulness as we explore a diversity of tools for rejuvenation and renewal.
We will use experiential practices, diversity exercises, and meditation to heal and hold the heart;
safe and easy movement to cultivate a joyful relation to the body;
and breath work and meditation to illuminate the spaciousness of the mind.*

All genders, bodies and sexualities are welcome.

What to wear and bring:

*Please come in clothes that allow for movement;
and bring something material or immaterial that represents your ancestors.
Also, please bring a bag lunch, and water container*

Open to all. All levels of meditation experience: new, beginner, or experienced are welcomed.

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.

Sunday, May 10, 2009 9:30 to 4:30 pm
East Bay Meditation Center
2147 Broadway, Oakland
Located near the 19th St. BART station @ 22nd St.

**Registration is required and space is limited. E-mail admin@eastbaymeditation.org
or call (510) 268-0696 with your full name to request a registration form for "Open Mind!"**

*Please be mindful not to wear scented products and clothing laundered with scented products to EBMC,
out of respect to those with allergies and environmental illnesses. www.eastbaymeditation.org*



Arisika Razak,
MPH, Health Care Administration, U.C. Berkeley 1978
Certified Nurse Midwife, U.C. San Francisco 1979
Performance Artist, Spiritual Dancer,
Community Healing, Women's Health,
Ritual and Ceremony for Individuals and Groups,
Diversity Training, Embodying the Sacred.



~ EBMC is wheelchair accessible ~