

WOMEN OF COLOR AND MINDFUL AGING: FINDING OUR STRENGTH

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

SUNDAY, JUNE 21, 2009
9:30AM-3:30PM

East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway, Oakland
(near 19th Street BART Station)

The second in a series of one-day workshops for women of color 50 years and older, this will be an opportunity through periods of meditation, silence, and discussion to explore our cultural and personal assumptions, uncertainties, challenges and hopes that we bring to this stage of our lives. How do we find our personal strength in relation to what may be expected of us in caring for others? How does Buddhist practice help us to look deeply into our hearts and discover the truth of our lives? How do we find freedom and peace and begin to discard what no longer serves us well? Together we will create a supportive and nourishing spiritual environment of deep listening and celebration of our wisdom.

Meditators of all levels are welcome, including beginners.

Meditation instruction will be provided.

Zenju Earthlyn Manuel, Ph.D., has been a student of Buddha's teachings for many years initially in Nichiren Buddhism and more recently ordained in the Soto Zen tradition under the guidance of Zenkei Blanche Hartman. She is the author of "Bearing Up in the Wild Winds" in *Dharma, Color, and Culture: New Voices in Western Buddhism* and *What Unknowing Things Know: Zen Liberation in the Art of Romare Bearden* in the *International Review of African American Art*. She is Executive Director of the Buddhist Peace Fellowship.



Mushim Ikeda-Nash teaches retreats for people of color and social justice activists nationally, and is a core teacher at East Bay Meditation Center. Her writing is published widely, and she is author of "Daylighting the Feminine in American Buddhism" in *Innovative Buddhist Women: Swimming against the Stream*. Mushim is one of three women depicted in the documentary film, *Acting on Faith: Women's New Religious Activism in America*.



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

Cost: The teachings are regarded as priceless and are offered without charge. You are invited to practice generous giving ("dana") by contributing to the meditation center and also to the teachers.

Out of respect for those with environmental illnesses, please do not wear fragranced products or clothes laundered in fragranced products to EBMC.

EBMC is wheelchair accessible.

