

Mindfulness and Social Justice Leadership

with Toni Lester



*US Fish & Wildlife Service

Three Tuesdays: July 14, 21, and 28, 2009

6:00 – 8:30 pm

East Bay Meditation Center

2147 Broadway at 22nd Street, Oakland
(near 19th Street BART)

www.eastbaymeditation.org

Open to all – All levels of experience in meditation are welcome

THIS CLASS SERIES INVITES PARTICIPANTS TO:

- Experience connection and hopefulness in a community of diverse social justice leaders (i.e., for most of us, this will involve some meaningful level of anti-racism/sexism/homophobia/economic injustice work)
- Cultivate a less stressful and more centered approach to leadership by drawing from our own best practices in leadership, the experiences of other revered social justice leaders, and from mindfulness meditation techniques. Each session will consist of a short talk by the workshop teacher, small and large group discussions about a particular theme and/or short reading of relevance, and instruction on sitting and walking meditation.

REGISTRATION Registration is required. Space is limited. E-mail your full name to admin@eastbaymeditation.org and note “Mindfulness and social justice with Toni Lester” in the subject line, or leave a voicemail with the same information at (510) 268-0696.

COST The teachings are considered priceless and therefore are given freely. Please consider making voluntary donations (the practice of generous giving, or “dana”) to East Bay Meditation Center and to the teacher.

TEACHER BIO:

In the tradition of African American intellectual thought and spirituality, Toni Lester is a practice leader at the Cambridge Insight Meditation Center in Massachusetts, and has conducted meditation workshops on mindfulness and stress reduction for the Unitarian Church, Spirit in Action, the Gay and Lesbian Student Educator Network, the East Bay Meditation Center, and the Insight Meditation Society of Washington DC. Lester’s work explores issues of inclusion and exclusion relating to race, sexuality, class and gender. Some of her publications include: *Gender Nonconformity, Race and Sexuality – Charting the Connections* (University of Wisconsin Press); “At Least Not this One Big Thing” in *Turning Wheel – Journal of Socially Engaged Buddhism’s* special 2007 issue on race, and “Black Writing on Aids” (*Black Issues Book Review*). She currently serves on the board of the Astraea Foundation for Justice, one of the oldest LGBT funding and advocacy organizations in the world.

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.

