

Doing Dishes, Going to Work: What's beyond sitting in your daily meditation practice?

A one-day retreat with EBMC core teacher Mushim Ikeda-Nash



A Buddhist meditation master said, “We practice sitting meditation because it is easiest. But little by little, day by day, we learn to practice while walking, washing our clothes, eating, and resting.” What’s the secret to developing a continuous practice that gives us joy, connecting our daily actions to our deepest spiritual intentions? Join the exploration in this lively one-day retreat through meditation, Dharma talks, interactive exercises, reflective

writing, and community building.

What to wear and bring: Please come in clothes that allow for movement; and bring a pen or pencil and your journal or a notepad. Also, please bring a bag lunch, and water container.

Open to all. Instruction provided for those new to meditation

Sunday, July 19, 2009 10:00 am to 4:30 pm
East Bay Meditation Center
2147 Broadway, Oakland
Located near the 19th St. BART station @ 22nd St.

Registration is required. Space is limited. E-mail your full name to admin@eastbaymeditation.org and note “registration Doing Dishes July 19” 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. You are invited to practice generous giving (“Dana”) through voluntary donations to support the East Bay Meditation Center and the teachers

Mushim Ikeda-Nash is a Buddhist teacher, published author, mother, and social justice activist who emphasizes a practical, encouraging, and everyday understanding of meditation and Dharma. She teaches retreats for people of color, writers, and social justice activists



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



EBMC is wheelchair accessible.