

Being in the Body:



Meditate Anytime Anywhere

with Mushim Ikeda-Nash

Sitting. Standing. Walking. Lying down. Do you do any of these during the course of an ordinary day? If so, you can be practicing meditation! Ever feel as though you're a head filled with noisy thoughts that pull you this way and that? This class series will help to develop awareness of how we can ground our meditation practice in the body and the breath anytime and anywhere. Increased focus and clarity lead to more subtle levels of consciousness and insight into the self, and promote joy and ease in our body. Meditation instruction, interactive exercises, Dharma talks, and mindful movement. Those with movement disabilities are warmly welcomed: meditatively visualizing a movement has been found to bring benefits for health and well-being.

Open to all
Four Monday evenings,
Nov. 16 - Dec. 7, 2009
7:00 – 9:00 pm

East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway Street, Oakland, CA
94612
(near the 19th Street BART station
in downtown Oakland)



Be quiet, and loving and fearless.

For the mind talks.

But the body knows.

-- the Dhammapada:

Sayings of the Buddha



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.



Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "Being in the Body class series."

TEACHER



BIO

Mushim Ikeda-Nash teaches meditation retreats for people of color and social justice activists nationally, and she is a core teacher at East Bay Meditation Center. Known for her warm and down-to-earth approach to mindfulness practice, she brings 28 years of monastic and lay experience to her teaching, with an emphasis on integrating meditation and everyday life. <http://mushim.wordpress.com/>

