



**Meditation Mindfulness Metta**

**Men of Color**

**Meditate with a capital M—More .**

**Be More Aware.**

**Be More Alive.**

**Be More Loving.**

**Be More of who you really are.**

**Saturday, Dec 12, 2009**

**9:30 am to 4:30pm**


**East Bay Meditation Center**


**Registration required**


All Men of Color are invited for a day of meditation and exploration of our spiritual lives. This daylong will include sitting and walking meditations in the Vipassana Buddhist tradition, instructions in cultivating Lovingkindness in our everyday lives, and opportunities for group sharing. Meditators of any experience are welcomed, with a special invitation to beginners.

Lawrence Ellis is a Buddhist Teacher, complexity-science organizational consultant and activist. A meditator since 1975, he practiced Vietnamese Zen for years in the communities around Thich Nhat Hanh, and co-founded the Mindfulness, Diversity & Social Change Sangha. For three years he served as the Buddhist Peace Fellowship representative to two interfaith committees for workers' rights. He has practiced Vipassana extensively for the last ten years. He is authorized to teach by Jack Kornfield, and is mentored by Jack and Joanna Macy. Lawrence routinely weaves elements of his African, African-American and Native American traditions into his teaching. His webpages are at [www.lawrenceellis.net](http://www.lawrenceellis.net) and [www.pathstochange.net](http://www.pathstochange.net).



 Brian Hill has been practicing Vipassana meditation since he first studied it in 1987 at a monastery near Chiang Mai in northern Thailand. He has participated in retreats, both as a practitioner and as a teaching assistant to meditation teachers in the U.S. since then.

 Charlie Johnson has been practicing meditation and yoga since 1972 and teaching for over ten years. He has completed Mindfulness Based Stress Reduction teacher training and the Community Dharma Leader training at the Spirit Rock Meditation Center. He is a certified yoga instructor, a member of the California Yoga Teachers Association and is registered with the Yoga Alliance. He is a core teacher and on the leadership of EBMC.

 Chinh Nguyen has been practicing meditation since 1999. He is ordained into the Order of Interbeing in the Plum Village Tradition in 2008. He also practices with Dragon Gate Zen and Berkeley Shambhala POC Sangha.

**To register: E-mail your full name & “Men of Color” in the subject line to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) , or call (510) 268-0696.**  
Out of respect for people with environmental illnesses, please do not wear fragranced products or clothing laundered with fragranced products to EBMC.

The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the space and the support of the Teachings. EBMC is wheelchair accessible.

East Bay Meditation Center, 2147 Broadway, Oakland, CA 94612, [www.eastbaymeditation.org](http://www.eastbaymeditation.org)