

Into the Heart of the Moment:

Meditation for beginners

with Mushim Ikeda-Nash and Kitsy Schoen

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

Open to all
Five Monday Evenings:
Jan. 25 – Feb. 22, 2010
7:00 -9:00 pm

Are you stressed or overwhelmed, seeking ways to be more compassionate to yourself and others? How do you get your brain to work for you instead of replaying old tapes and unhelpful messages? We don't have to keep doing things the same way – we have choices! Based in Buddhist teachings and supported by modern science, mindfulness meditation has clear and proven benefits for health and well-being. We'll offer basic instruction in sitting and movement meditation, interactive exercises, and support for establishing a home meditation practice.

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Jan-Feb Beginners Classes."



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>



Kitsy Schoen has been practicing Vipassana meditation for 30 years. She is a graduate of the Community Dharma Leader program of Spirit Rock Meditation Center and is on the Leadership Sangha of the EBMC. Kitsy is passionate about the integration of mindfulness and multicultural awareness.

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.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

EBMC is wheelchair accessible. 

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