

Mindfulness and Social Justice Leadership

with Toni Lester



*US Fish & Wildlife Service

Three Mondays: July 26, Aug 2 & 9, 2010

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 & social justice” 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 multidimensional thought, Toni Lester is a writer, teacher, and creative artist. Her work explores issues of inclusion and exclusion relating to race, gender, sexuality, class and disabilities. Her book, *Gender Nonconformity, Race and Sexuality – Charting the Connections*, is published by the University of Wisconsin Press. As a practicing Buddhist with over 35 years of meditation experience, Lester’s workshops support the sustainable health and well-being of people from marginalized communities, social justice leaders, organizational change agents, and their allies. She has worked with such groups as the Unitarian Church, “Spirit in Action,” “GLSEN” (the gay and lesbian student educator network), EBMC, and the Insight Meditation Society of Washington, D.C. She is a former member of the board of the Astraea Foundation for Justice, one of the oldest LGBT advocacy organizations in the country.

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

