

Half Day of Mindfulness in Nature

Sunday, August 8, 2010

9am-2pm

with

Toni Lester & Kimi Mojica

- Open to All -

How do I register?

Registration: is required. Please email admin@eastbaymeditation.org with your full name, and "mindfulness in nature" in the subject line or call (510) 268-0696.

How much does it cost?

The teachings are offered without charge. You are invited to support our efforts by choosing your own level of voluntary donations (the practice of "Dana") to support the teachers and East Bay Meditation Center.

What should I bring?

You will be sent a list of what to bring upon confirmation of registration.

Accessibility Information:

Participants will have the option of walking or navigating on the following type of terrain: flat to slight slopes or inclines suitable for someone who can walk or navigate on grass, unpaved walkways covered in woodchips or gravel, and some sidewalks. Note that we will not have amplification accessible for the hearing impaired, although the workshop leaders will do their best to make sure that what they say is audible as much as possible. We cannot guarantee wheelchair accessibility.

Does the chaos and pace of justice work in our urban environment prevent you from honing your center in relation to the natural world?"

Would you like to feel part of something bigger than yourself by spending some time outdoors in a diverse community of sincere spiritual seekers?

Then please consider joining us for this morning of mindfulness in *nature*. We will spend time in one of the Bay Area's urban green spaces and rekindle our connection to *Mother Earth* by walking, meditating, sharing and journaling.



Who: Beginning and experienced meditators

Where: Bay Area Green Space

Accessible by public transportation.

Location TBD.

Comments from participants in other workshops offered at EBMC by Toni Lester:

"It was calming, sweet, nurturing, insightful and inspiring."

"Support for cultivating our dreams, expressing our visions."

"Supportiveness for people of all levels of experience with meditation."

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. Toni has a deep love for nature and the outdoors.

Kimi Mojica is a trained mediator and consultant in the areas of intercultural communication, leadership development and social justice education. Kimi currently works in the field of philanthropy and has extensive experience addressing race and gender inequities through capacity building in higher education. Grounded in Buddhist practices of mindfulness and liberation, Kimi is interested in the connection between indigenous earth-based spiritual practices as acts of decolonization and healing. A spiritual activist by nature, Kimi is committed to infusing sustainable social action in all that she does.

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