



A one-day retreat with  
Marlena Willis and Itzel Damaris

# Making Right Speech Possible

Open to All  
**Sunday | November 7, 2010**  
9:30 am – 5:00 pm

## East Bay Meditation Center

<http://www.eastbaymeditation.org>

2147 Broadway Street, Oakland, CA 94612  
(near 19th Street BART in downtown Oakland)

Many find right speech the hardest of the precepts to practice. Nonviolent Communication, as taught by Marshall Rosenberg, Ph.D., offers a way to address difficult issues, either in our personal life or in our work for social change, in a way that is kind and compassionate and keeps the door open for connection. Using it increases the possibility that we will actually get what we want rather than create more conflict. During the day we will alternate meditation with learning Nonviolent Communication.



**Marlena Willis** has practiced Buddhist meditation for many years, including intensive retreats. She was involved in early diversity work in the Buddhist communities in northern California, organizing five people of color meditation daylongs from 1992-1994, as well as diversity trainings for the community as a whole. She has completed the BayNVC Leadership Program and has taught NVC at her church (the First Unitarian Church of Oakland) and for people with chronic illness and disability.



**Itzel Damaris** After experiencing the loss of a relationship, job and beloved family member within a two month period, Itzel Damaris turned to meditation and yoga to address the questions she had begun asking herself about the nature of life and loss. Itzel has practiced Buddhist meditation since 2002. In 2010, she completed the Commit2Dharma program offered through East Bay Meditation Center. In 2009, she completed the BayNVC Committed NVC Practitioner Program and is on the Leadership Support Team for this year's program (renamed the BayNVC Immersion Program).

**Registration is required and space is limited:** E-mail your full name to [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) or call (510) 268-0696 and specify "register for Making Right Speech Possible."

**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.

