

# ***OPENING TO THE HEART & SOUL OF LIBERATION***

## ***A one-day retreat with Arisika Razak***



As the nation pauses to honor the work of Martin Luther King Jr., let us remember the work of liberation that continues to transform our communities, our families, our hearts and our planet. Let us honor our true nature, as we share stories of resisting oppression and celebrate the spiritual warriors of our diverse traditions. We will use experiential practices, diversity exercises, movement and meditation to create a safe container for creating a mindful community of engaged compassion.

**What to wear and bring** Please come in clothes that allow for movement; and bring something material or immaterial that represents your lineage/ancestors and the struggle for liberation. Also, please bring a bag lunch, and water container.

**Open to all. All levels of meditation experience: new, beginner, or experienced are welcomed.**

**Sunday, January 17, 2010 10:00 am to 5:00 pm**  
**East Bay Meditation Center**  
**2147 Broadway at 22<sup>nd</sup> in Oakland**  
**Located near the 19th St. BART**  
**[www.eastbaymeditation.org](http://www.eastbaymeditation.org)**

**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 Arisika one-day retreat January 17.”

**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.



**Arisika Razak, MPH,** Health Care Administration, U.C. Berkeley 1978; nurse midwife, performance artist, dancer • Reproductive health, ritual, embodiment of the sacred, perinatal care of African American women.

**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 ~*



[www.eastbaymeditation.org](http://www.eastbaymeditation.org)