

# W r i t i n g



Registration is required & 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 Meditation and Writing."

**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. ♿

# w i t h a n O p e n M i n d

## { a meditation & writing workshop with Mushim }

Sunday, 27 February 2011, 10am-5pm {Open to all}

An open mind is a creative mind! Writing requires effort, but effort alone can result in mounting anxiety and brain freeze, or writer's block. Or, you may be writing but want to take it to the next level and try for something new. Mindfulness meditation offers us a way to balance focus and concentration on one hand, and relaxed flow on the other hand. We'll spend the day doing writing exercises and meditating together, with guidance from the teacher, in a respectful and encouraging environment. All levels of writing and meditation are invited, including beginners.

*Mushim {Patricia Y. Ikeda} has published poetry, essays, and autobiographical fiction in arts, academic, and Buddhist publications, and she is a subject in the award-winning documentary on Asian American women poets, *Between the Lines*. Mushim teaches mindfulness meditation retreats for people of color, women, and social justice activists nationally and is a core teacher at EBMC. See [www.mushim.wordpress.com](http://www.mushim.wordpress.com).*



## E a s t B a y M e d i t a t i o n C e n t e r

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

2147 Broadway Street, Oakland, CA 94612  
{near the 19th Street BART station}

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