

Interconnected: Being Mindful and White in a Multicultural World with Kitsy Schoen and Christopher Bowers

/in·ter·
con·nect·ed/

1. to be joined,
linked, or united
together

2. a Buddhist
understanding of
all beings as
mutually dependant
upon each other in
an inherently
meaningful way

3. a group for
white people to
explore identity,
diversity and
racism, and
privilege through
mindfulness. Using
practices from
various teachings
and traditions, we
will examine
lessons learned
about race, how
they have limited
and harmed others
and ourselves, and
what we can do to
bring greater
compassion,
understanding, and
justice to
ourselves and our
communities.



Four Sundays March 6, 13, 20,
+ April 3, 2011 6:30 - 9pm
& a one-day retreat on March 27

East Bay Meditation Center
www.eastbaymeditation.org

2147 Broadway at 22nd Street, Oakland
(near 19th Street BART station)

KITSY SCHOEN has been practicing Vipassana meditation for almost 30 years. She is a graduate of the Community Dharma Leader program at Spirit Rock and a member of EBMC's Leadership Sangha. Kitsy has facilitated groups, classes and workshops since 1982. Inspired in large part by Rev. Ryumon Hilda Gutiérrez Baldoquín, Kitsy is passionate about exploring the intersection of mindfulness and multicultural awareness.

CHRISTOPHER BOWERS is a social worker, MFT trainee, writer, and Theravada Buddhist practitioner. He has facilitated workshops and discussions with youth on white privilege and masculinity and is active with Racial Justice Allies of Sonoma County and founder of Campus Allies for Racial Responsibility at Sonoma

State University. He hosts a social blog about white privilege (www.whitepriv.blogspot.com) and is especially interested in exploring how personal spirituality can be an agent of social liberation and vice-versa.

Registration: Space is limited. Please e-mail your full name to admin@eastbaymeditation.org or call 510-268-0696 and specify "Register for Interconnected." We ask participants to commit to and attend all sessions.

Cost: The teachings are regarded as priceless and are offered without charge. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the space and the support of the Teachings.

Out of respect for people with environmental illnesses, please do not wear fragranced products or clothes laundered in fragranced products to this event. EBMC is wheelchair accessible.