

Beginning a Meditation Practice

A one day workshop open to all

with Mushim

Have you been looking for a way to start a meditation practice, but don't quite know how? This workshop will give you the basics of sitting and walking/ movement meditation in the vipassana (insight) style, as well as loving kindness meditation. Don't worry about "getting it right" – if you can sit – on a folding chair, on floor cushions, in a wheelchair – or lie down – and breathe, you are off to a good start! These forms of Buddhist-based mindfulness meditation can help you, over time, to develop a sense of increased physical well-being, mental clarity, compassionate connection, and spiritual growth.



Mushim (Patricia Y. Ikeda) is a core teacher and Leadership Sangha member of EBMC. She teaches meditation retreats for people of color, social justice activists, and women nationally. Her Buddhist training has included both monastic and lay experience in North America and Asia since 1982, and she is also an author, mother, and diversity consultant. See www.mushim.wordpress.com

Saturday, March 19, 2011

10 am – 4:30 pm

East Bay Meditation Center
www.eastbaymeditation.org
2147 Broadway, Oakland,
CA 94612
(near the 19th Street BART
station in downtown Oakland)

Registration is required & space is limited.

E-mail your full name to admin@eastbaymeditation.org

or call (510) 268-0696 and specify "register for Beginning Workshop".

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.

