

FREEDOM FROM CHEMICALS AND FRAGRANCES:

**A half day retreat for people with Multiple Chemical Sensitivities and Chemical Injury Syndrome and their allies*
with Mushim, Toni Lester & Larry Yang**

**An ally is a person who does not have this particular disability, and who offers a safe, fragrance-free presence for those who do, and listens to what is needed and advocates for people with MCS/CI in culturally appropriate ways.*

Monday, July 4, 2011

11 am – 4 pm

East Bay Meditation Center

www.eastbaymeditation.org

2147 Broadway at 22nd, Oakland

(near 19th Street BART)

People who are affected by Chemical Sensitivities and Chemical Injury syndrome (MCS and CI) and their allies* are invited and welcomed into exploring spiritual practice and community. We will explore how the Buddha's Teachings are relevant to our lives and our experience of Freedom. Practices of Mindfulness, Lovingkindness, and Compassion will be offered through meditation practices, group exercises, and dharma discussions. Please attend completely fragrance-free (including "natural" and "aromatherapy" fragrances) in the use of your personal hygiene and clothing laundry products. Beginners in meditation are warmly invited to participate.

Registration is required and space is limited. E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Freedom from Chemicals."

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.

TONI LESTER is a creative artist, activist, teacher and writer who has been offering meditation workshops as a visiting teacher at East Bay Meditation Center since it first opened its doors. Her work explores the connections between different forms of marginalized identities. She is a former member of the Astraea Foundation for Justice, one of the nation's oldest LGBT advocacy organizations and has been meditating for over 35 years.



MUSHIM is a core teacher and Leadership Sangha member at EBMC. She has been exposed to pesticides, chemicals, and large amounts of incense for almost 60 years, and she has MCS/CI syndrome. www.mushim.wordpress.com

LARRY YANG teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Burma and Thailand, including a 6 month period as a Buddhist monk under meditation master Ajahn Tong. He co-leads the Spirit Rock Community Dharma Leader Program. www.larryyang.org

