

# “Experience the JOY of Mindful Living”

An Integral “ONE DHARMA” Half-Day Retreat with BROTHER CHISING



Open to ALL

**SATURDAY, MARCH 10**

**9:00 am - 1:00 pm**

East Bay Meditation Center  
2147 Broadway, Oakland, CA  
(near 19th Street BART)

**Guided and Silent Sitting Meditations, Walking Meditation, Yoga/Qigong Mindful Movement, Buddhist Kirtan Chanting, Beautiful Simple Ritual, Insight Writing Meditation, Heart-Sharing, and practical Dharma Teachings on: “Energizing, Enlightening & Empowering Your Love Life!”** (that is, “love” in families, friends, partners, spiritual communities, Earth, the Universe, etc.)

\* Space is limited & registration is required. Register at [www.eastbaymeditation.org](http://www.eastbaymeditation.org) or email [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org) for registration information.

**BROTHER CHISING, M.A., M.Div.**, is the Spiritual Director of “Awakening Heart” Dallas Meditation Center, one of the largest and most successful lay-led Interfaith Buddhist meditation centers in North Texas. He is the founder of several practice communities, including New Generation Sangha, Gay Young Spirit, Q-Sangha, Young Enlightened Souls (YES), etc. He is a popular public speaker and retreat facilitator, traveling around the country to various cities each month, including the University of Minnesota and Augsburg College, where hundreds of college students participate in meditation retreats each semester. He has also been the guest speaker at various churches and Buddhist centers, including Unity, CSL, UU, UCC, MCC, Austin Zen Center, Houston Zen Center, Clouds in Water Zen Center (St. Paul, MN), etc. Though his primary teacher is Thich Nhat Hanh (Order of Interbeing), he has also trained in many weeklong intensive meditation retreats in other traditions as well, including Soto Zen, Rinzai Zen, Sanbokyodan Zen, Chinese Ch’an, Vipassana, Dhammakaya, Chinese Pure Land, Big Mind, Great Heart Way, Christian Meditation, etc. Please check out Brother ChiSing’s poems, music, essays and Dharma Talks (audio/visual) at: [www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)



**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**