



Street art by Banksy

# RESILIENCE & WELL-BEING FOR PEOPLE OF COLOR

A class series for people of color with Mushim & Sage Mahosadha

3 Mondays: Sept. 17, 24 and Oct. 1, 2012  
7 – 9 PM

Being a person of color in the U.S. is stressful, and stress-related illnesses impact us disproportionately. Even “fighting for justice,” while positive in its intent, can end up wearing us down if we fall behind in replenishing our spirits. Please join us in committing to increased resilience, well-being, and compassion through the practices of mindfulness meditation (sitting and gentle movement), deep relaxation, and community dialogue in a safe and supportive environment. Instruction will be provided for beginners in meditation.

**Sage Mahosadha** is a teacher, sacred activist, public speaker, and writer focusing on the themes of diversity, cultural evolution, transformation, and liberation. A former catholic monk and trained as a psychotherapist, Sage was introduced to Buddhist meditation and philosophy while in the monastery. While membership in the monastic community did not ultimately endure, practice and the study of Buddhist meditation and philosophy did. He eventually found his true home within Zen and the mindfulness teachings of Zen Master Thich Nhat Hanh which also deeply inform his activism and diversity work.  
ravenanda.blogspot.com



**Mushim (Patricia Ikeda)** is a lay Buddhist teacher, writer, and community activist. She is a core teacher at EBMC, guiding teacher of the Practice in Action yearlong program, and she teaches meditation retreats nationally for people of color, social justice activists, and women. She also teaches mindfulness-based strategies for depression and anxiety at EBMC.  
www.mushim.wordpress.com



**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.

**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.



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